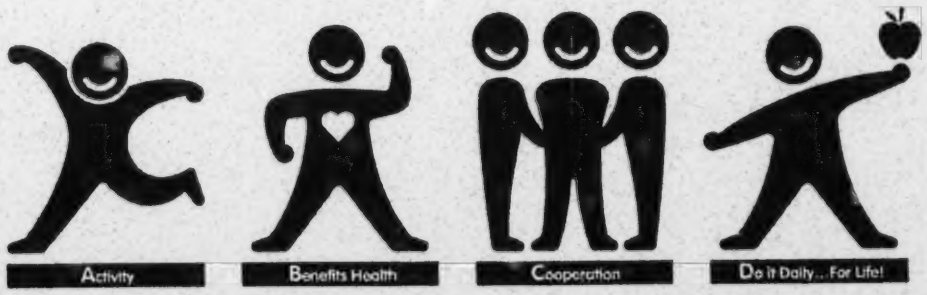
ABCD's of Physical Education



PHYSICAL EDUCATION RESOURCE GUIDE

KINDERGARTEN TO GRADE 12

A listing of agencies and resources to support physical education program implementation in Alberta.

January 2002

SCHOOLS COME Alive

Alberta LEARNING

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Questions or concerns regarding this guide can be addressed to the Director, Learning and Teaching Resources Branch, Alberta Learning. Telephone: 780–427–2984, Fax: 780–422–0576. To be connected toll free inside Alberta, dial 310–0000.

Several web sites are listed in this guide. These sites are listed as a service only to identify potentially useful ideas for teaching and learning. The responsibility to evaluate these sites rests with the user.

The primary intended audience for this document is:

Administrators	
Counsellors	
General Audience	
Parent School Councils	
Parents	
Students	
Teachers	✓

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Introduction

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This guide provides a comprehensive listing of:

- local, provincial and national agencies, associations and their resources
- Alberta Learning authorized resources.

The intent is to identify resources that can support your program planning for implementation of the Physical Education Program of Studies, Kindergarten to Grade 12.

The document is divided into three sections:

Section One lists agencies and sport/physical activity associations. The resources or services that these groups have available are also included. The general outcome icon that is "most closely" addressed by these resources is also listed. Information about some of the resources in this section is available from Schools Come Alive at 780–454–4745, as they compiled this section.

Section Two lists the titles of the Alberta Learning authorized resources, the general outcomes and curriculum organizers that these resources "most closely" align with, and a page number indicating where to access the complete annotation. This list is organized by grade.

Section Three lists the annotations and information about where to purchase Alberta Learning authorized resources. This list is organized alphabetically, by title. Most of the authorized resources are available for purchase from the Learning Resources Centre (LRC) at 780–427–5775 or through their Web site at <http://www.lrc.learning.gov.ab.ca>. LRC product numbers and prices are included for each resource. The Learning and Teaching Resources Branch, Alberta Learning, compiled sections two and three.

The cost of resources is current as of April 1, 2001 and is subject to change without notice.

The Physical Education Online Web site, available at <http://www.learning.gov.ab.ca/physicaleducationonline>, includes a database where you can access authorized resources by general outcome. More complete annotations are available at this Web site, and updates to the authorized resources will be added at this site.

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Authorized Resources

Alberta Learning selects and authorizes the best possible instructional materials to support implementation of approved programs of study. The criteria for acceptability includes congruency with the program of studies, alignment with the curriculum organizers and specific outcomes, and other general considerations that are seen as necessary for meeting the learning needs of students; e.g.:

- safety considerations
- Canadian content
- recognizing diversity and promoting respect
- developmentally appropriate and user-friendly.

The resource authorization categories for physical education are **student support** or **authorized teaching**.

Student Support resources are those student learning resources authorized by Alberta Learning to assist in addressing some of the outcomes of the course(s) or components of the course(s), or to assist in meeting the outcomes across two or more grade levels.

Authorized Teaching resources are those teaching resources identified as the best available resources to support the implementation of programs of study and courses; they may be teacher guides to accompany student resources or teacher professional resources.

Alberta Learning strongly recommends that teachers read all selections in the student texts and all activities in the teacher guides prior to using them with students. Careful consideration should be given to the sensitivities of both the student audience and the community.

Section 44(2)(a.1) of the *School Act*, Statutes of Alberta, 1988, Chapter S-3.1, as amended, indicates that a school board may "... develop or acquire instructional materials for use in programs or in schools." **Selection of instructional resources is not restricted to those authorized by Alberta Learning.**

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Kindergarten to Grade 12 Physical Education

The Physical Education Program of Studies, Kindergarten to Grade 12 was approved for provincial implementation in September 2000. The program of studies is available through the Alberta Learning Web site at <http://www.learning.gov.ab.ca/k_12/curriculum/bySubject/physed/default.asp>. The program of studies and other resources to support implementation are also available through the Physical Education Online Web site at <http://www.learning.gov.ab.ca/physicaleducationonline/>. The Guide to Implementation, a 300-page resource, is available through the Alberta Learning Web site and is also available for purchase from the LRC, product number 425597. Telephone the LRC at 780–427–5775 and/or e-mail <lrccustserv@gov.ab.ca>.

The aim of the Kindergarten to Grade 12 physical education program is to enable individuals to develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle. The program emphasizes active living with a focus on physical activity that is valued and integrated into daily life. Strong evidence exists that involvement in physical activity contributes to the overall well-being of individuals.

Students will meet the aim of the program if they have developed a desire to participate regularly in physical activity. The aim can only be achieved by addressing the prescribed outcomes within an environment wherein students are emotionally and physically safe, the climate is positive, and a variety of developmentally appropriate, skill building experiences are provided.

The program is based on four general outcomes that are interrelated and interdependent. Each is to be achieved through a variety of physical activities. The curriculum model on the next page identifies the general outcomes; e.g., Activity, and the curriculum organizers; e.g., Teamwork. Each general outcome and curriculum organizer includes specific outcomes by grade and at the senior high level by course name. Students are expected to demonstrate these outcomes, to the best of their ability, by the end of each grade/course. The general outcome icons A = Activity, B = Benefits Health, C = Cooperation, and D = Do it Daily For Life are included throughout this guide to indicate that the resource aligns with a particular general outcome.

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K–12 Physical Education Program of Studies Design

General Outcome A

***Students will* acquire skills through a variety of developmentally appropriate movement activities; dance, games, types of gymnastics, individual activities and activities in an alternative environment; e.g., aquatics and outdoor pursuits.**

- Basic Skills; Locomotor; Nonlocomotor; Manipulative
- Application of Basic Skills in an Alternative Environment; i.e., Aquatics and Outdoor Pursuits; Dance, Games, Types of Gymnastics, Individual Activities

General outcomes B, C and D are interrelated and interdependent and are achieved through involvement in movement activities identified in General Outcome A.

General Outcome B

***Students will* understand, experience and appreciate the health benefits that result from physical activity.**

- Functional Fitness
- Body Image
- Well-being

General Outcome C

***Students will* interact positively with others.**

- Communication
- Fair Play
- Leadership
- Teamwork

General Outcome D

***Students will* assume responsibility to lead an active way of life.**

- Effort
- Safety
- Goal Setting/Personal Challenge
- Active Living in the Community

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Section One: Agencies and Resources

The agencies and resources listed below are provided as a service to assist teachers with implementation of the Physical Education Program of Studies, Kindergarten to Grade 12. The responsibility to evaluate the resources listed in this section, prior to selection, rests with the user, in accordance with any existing local policy.

Active Living Alliance for Canadians with a Disability
Web Site: www.ala.ca

Alberta Amateur Wrestling Association
The AAWA has two resources for teachers interested in introducing wrestling to their students:

- *A Curriculum Guide*, a video and manual featuring 18 lesson plans for junior high and senior high school students
- Clinician will visit schools and introduce students and teachers to techniques and coaching tips, and provide a general introduction to wrestling.

Address: Percy Page Centre, 2nd Floor, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–415–0140
Web Site: www.albertawrestling.ab.ca

Alberta Bicycle Association
The ABA has a library with coaching, educational and touring material related to bicycling. They also list cycling facilities in Alberta and have extensive resources on the history of cycling in Canada.
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–427–6352 Toll free: 1–877–646–2453
Web Site: www.albertabicycle.ab.ca

Alberta Broomball Association
Resources available include clinics; coaching manuals, including the biomechanics of broomball; rule books; high performance videos; and curriculum development assistance.
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–427–6537 or 780–461–4786 Fax: 780–463–2599

Alberta Camping Association
ACA has a directory of member camps that are accredited and that run outdoor schools. The Alberta Camping Association also has a standards and regulations booklet for camps to follow to achieve accreditation.
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–427–6605 Fax: 780–427–6695
Web Site: www.albertacamping.com

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Alberta Centre for Active Living (Formerly Alberta Centre for Well-Being)
Research and education for the promotion of physical activity.
The ACAL offers a wide range of learning opportunities—workshops, discussion groups, speakers, conferences, summer institutes—along with an extensive library of resources. The Centre for Active Living supports practitioners to improve the health and quality of life of Albertans through physical activity. The resources featured are available on loan.
Contact: Resource Coordinator
Address: 3rd Floor, Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–427–0077 Fax: 780–455–2092 Toll free: 1–800–661–4551
Web Site: www.centre4activeliving.ca

Active Children, Healthy Children: An Active Living Guide for Parents
A booklet to help parents assess the activity levels of their children (for ages 3–9) and tips for getting kids to be more active. (Currently out of print but may be revised in 2002.)

Active Youth: Ideas for Implementing CDC Physical Activity Promotion Guidelines
An outline and explanation of the new physical activity guidelines developed by the American Centres for Disease Control and Prevention (CDC) and examples of recreation programs from both school and community settings that have successfully incorporated the guidelines.

The Bodywise Woman
A reference guide to women's health with a specific focus on physical activity and the benefits of exercise for females of all ages.

Don't Get Mad, Get Funny!: A Light-Hearted Approach to Stress Management
A guide to the benefits of laughter and how to use humour to cope with the stresses of daily life.

The Exercise-Health Connection
Within a question and answer format, the author provides information on the benefits of physical activity and what exercise can and cannot do to prevent, reduce or control health conditions such as heart disease, diabetes, high blood pressure, arthritis, osteoporosis, asthma, obesity and low-back pain. Physical activity concerns for special populations; e.g., youth, women, older adults, are also discussed.

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Alberta Centre for Active Living – Continued

Girls, Physical Activity and Self-Esteem
A compilation of research and popular magazine articles on children and physical activity.

Kids and Physical Activity
A compilation of research and popular magazine articles on children and physical activity.

Lighten Up: Survival Skills for People Under Pressure
A guide to developing skills that will enable you to thrive in times of change, remain creative under pressure, work more effectively, play more enthusiastically, and stay healthier in the process.

Physical Inactivity is Hazardous to Your Health!: A Response to Physical Activity and Health, A Report of the Surgeon General
A Canadian perspective on the U.S. Surgeon General's report highlights significant findings related to youth, and where possible, provides equivalent Canadian statistics.

Recreation Programs That Work for At-Risk Youth: The Challenge of Shaping the Future
A compilation of 38 case studies of programs in the U.S. and Canada that evolved in response to local community circumstances—the most common being demographic changes, the emergence of negative youth behaviours in smaller communities, an increase in highly visible violence, and an increase in the number of latchkey children. The case studies are grouped into the following types: programs that mobilized and organized multiple community resources, programs developed for specific time periods and settings, and programs that were innovative in their design and implementation.

Stress: Living and Working in a Changing World
A comprehensive text that combines evidence-based research with a discussion of current stress, health and wellness issues. Readers are challenged with real-life problems and solutions.

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Alberta Centre for Active Living – Continued

The Walking Wellness Teacher's Guide: A Resource Book for Elementary and Middle School Teachers

A curriculum program for grades 4–8 that focuses on different aspects of fitness walking, cardiovascular conditioning, nutrition and weight control, walking techniques and posture, stress management, tobacco-free living, and lifestyle planning. The emphasis is on experiential learning, self-improvement, and non-competitive walking exercises that all students can do, regardless of their athletic abilities. Includes a **Walking Wellness Student Workbook,** an accompanying guidebook for students.

Wellness Activities for Youth: Volume 1 and Volume 2

Activities in these books are intended for middle elementary grades through senior high school and focus on growth in all major areas of wellness—physical, mental, emotional, values clarification, responsibility, self-esteem, relationship building, substance misuse and abuse, communication skills, and peer pressure. Outlined in an easy-to-use format, the activities have been tested with young people and have been found to be successful in creating a positive, caring and supportive environment for youth to learn about themselves and others.

Wellness for Children: Programming Guide

A curriculum guide for K–9 that includes numerous activities adaptable for teaching youth about the physical, emotional, spiritual and mental aspects of health and well-being.

Alberta Cerebral Palsy Sports Association

ACPSA has adapted physical education programs for persons with cerebral palsy and has available an ACPSA video and information on Boccia, soccer, preschool (up to 8 years) and fitness in general for people with cerebral palsy.
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–422–2904 Fax: 780–422–2663

Alberta Coalition for Healthy School Communities (ACHSC)

ACHSC is a network of people and organizations committed to a comprehensive approach to school health.
Web Site: www.achsc.org

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Alberta Colleges Athletic Conference

ACAC has lists of colleges with programs offered, scheduling information, college profiles, scores and profiles of individual athletes.
Contact: Executive Director
Telephone: 780–427–8068
Web Site: www.acac.ab.ca

Alberta Curling Federation

ACF has two resources available:

- *Getting Started in Curling*, a video and manual geared specifically for teaching curling to K–6 students
- *Getting Started in Curling for Teens*, a video and manual geared for junior high and senior high school students.

Contact: Provincial Technical Coordinator
Telephone: 780–427–8095 Fax: 780–427–8103
Web Site: www.albertacurling.ab.ca

Alberta Dance Alliance

Many services are available to those who become members.
Contact: Director of Membership and Marketing
Telephone: 780–422–8107
Toll free: 1–888–422–8107
Web Site: www.abdancealliance.ab.ca

Alberta Fencing Association

AFA has coaching manuals, rules and regulations, and a parents' guide to fencing.
Contact: Program Director
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–427–9474 Fax: 780–422–2663
Web Site: www.fencing.ab.ca

Alberta Lung Association

Contact: Projects Coordinator
Address: Alberta Lung Association, Box 4500, Station South, Edmonton, AB T6E 6K2
Telephone: 1–800–972–2636
Web Site: www.ab.lung.ca/

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Alberta Lung Association – Continued

Building Leadership for Action in Schools (BLAST)
A program that encourages peer-to-peer education in an effort to reduce tobacco consumption in schools.

Lungs are for Life
Rated as one of the top three smoking prevention programs in Canada—educational modules for Kindergarten to Grade 3, grades 4–6, grades 7 and 8 and grades 9–12. Includes lesson plans, visual aids, hands-on activities and follow-up ideas for students. This program is available online—see the Web site.

Lungs in Action
A program about lung health that combines curriculum and fund-raising—half of the proceeds go to the Lung Association and half go to the school.

Alberta Milk Producers (formerly Dairy Nutrition Council of Alberta)
The Alberta Milk Producers provide teachers with a variety of workshops and materials to encourage students to make healthy food choices a part of their lifestyle. Workshops and resources provide age-appropriate activities and materials for all grade levels.
Contact: Alberta Milk Producers
Address: 14904 – 121A Avenue, Edmonton, AB T5V 1A3
Telephone: 780–453–5942 Toll free: 1–800–252–7530 Fax: 780–455–2196
Web Site: www.albertamilk.com
The Dairy Farmers of Ontario Web site at <http://www.milk.org> has an education component for teachers, along with useful nutrition information.

The Active Edge: A Guide to Active Living for Teens
This is a resource for teachers to introduce Canada's Physical Activity Guide to Healthy Active Living to their students.

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Alberta Milk Producers – Continued

Eating Edge

This is an innovative, classroom-ready guide to healthy eating for teens; it is aimed at grades 7 to 12. The resource, developed by Alberta Milk Producers, includes a 30-page teacher's guide, colour overhead transparencies and student worksheets for goal-setting and self-evaluation.

Food Track Nutrition System

This is an interactive nutrition program to help adolescents get on track to healthy eating through personal choice, planning and goal-setting. The program includes a teaching outline and many other resources.

Nutrition Education Workshops

Alberta Milk Producers has registered dieticians and educators that provide teachers with a variety of workshops and materials to encourage students to make healthy food choices a part of their lifestyles. Workshops provide age-appropriate activities and materials for all grade levels.

Nutrition File for Teens: Building Better Bones Through Good Nutrition

For senior high school students, this teaching kit is ideal for CTS teachers planning to teach about bone health and osteoporosis. A video on nutrition issues is also available. Also available from the LRC.

Alberta Orienteering Association

Orienteering is similar to the treasure hunt games children love to play. This sport may be played in the classroom, playground or nearest park. Maps are drawn to show features of the area. Events challenge one's map reading ability. Teacher support materials and teacher inservices are available.

Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–427–8138 Fax: 780–422–2663
Web Site: www.orienteeringalberta.ca

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Alberta Rowing Association
Contact: Provincial Coach
Telephone: 780–427–8154 Rowing Canada's Toll Free Number: 1–877–RCA–GROW
Web Site: www.geocities.com\albertarowingassociation

- **Rowing Canada Program**
  The Rowing Canada Program includes **Journey: Rowing I, II, III** manuals that explain the basics of rowing.

Alberta Rugby Union
A non-contact rugby package introduces children to a developmentally appropriate activity that promotes sharing and fair play and encourages participation of all children. Practical introductory clinics are available.
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–415–1773 Fax: 780–422–5558
The ARU Resource Library offers the following:

- **Beginning and Curricular Rugby (for PE classes):** teachers manual, coaching manual, videotape
- **Pick Me Up and Run Package: Introduction of Contact:** coaching manual, videotape
- **CanCoach Package:** A complete interactive coaching resource package with coaching tools and drills. Visit www.cancoach.com for more information.
- **Digi Rugby:** CD-ROM package, providing coaching resource skills and drills
- **Honan Package:** coaching manual, drill sheet, video

Alberta Schools' Athletic Association
The ASAA is the governing body for interschool sport in Alberta and has a handbook of bylaws and policies. The Policy Handbook can be downloaded from the ASAA Web site.
Contact: Executive Director
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–427–8182
Web Site: www.asaa.ab.ca

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Alberta Snowmobile Association
Has an education program and Safety Team.
Contact: Education Program
Telephone: 403–742–6492

Alberta Special Olympics
ASA has brochures, presentation packages and athlete–speakers who will visit schools and present information and a personal perspective.
Contact: Executive Director
Telephone: 780–415–0719 Toll free: 1–800–444–2883 Fax: 780–422–2663
Web Site: www.aso.ab.ca

Alberta Sport, Recreation, Parks and Wildlife Foundation
ASRPWF assists with the coordination of interprovincial games; e.g., Canada Games, Arctic Winter Games, Western Canada Summer Games, and the provincial Alberta Summer and Winter Games. The ASRPWF also administers the theoretical component of the NCCP coaching program and coordinates the Provincial Sport Association Funding and the Women in Sport Program. The Foundation also has grants available through Community Lottery Boards.
Contact: Sport Consultant
Web Site: www.gov.ab.ca/mcd

Alberta Team Handball Federation
ATHF carries many resources for all ages—mini-handball for grades 4–6, junior high, senior high—and also offers NCCP technical coaching sessions for future or current coaches. They have an extensive list of items available to support the teaching of team handball, including videos with technical information, introductory booklets and manuals, rule-oriented publications, and booklets including many drills for new players.
Contact: Program Coordinator
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–415–2666
Web Site: www.abhandball.ab.ca

Alberta Trailnet
Alberta Trailnet has manuals available regarding trail building and trail development, and has extensive information on the Trans-Canada trail and multi-use recreational trails.
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–422–7150 Toll free: 1–877–987–2457 Fax: 780–463–6523

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Alberta Volleyball Association
Has coaching manuals, instructional manuals and coaching clinics specific to teachers, as well as clinicians available upon request for school visitations.
Contact: Office Manager
Address: Alberta Volleyball, AVA North Office, Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–415–1703 Fax: 780–415–1700
Web Site: www.albertavolleyball.com

Alberta Water Polo Association
AWPA has resources regarding officiating and coaching in Calgary and Edmonton.
Contact: Executive Director
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–427–8666 or 780–465–0852

Alberta Wellnet
This organization serves as an umbrella for a series of province-wide and regional initiatives to build an integrated health information system network in Alberta that will facilitate improvements in the delivery of health services to Albertans by improving access to health information partners. Partners include Alberta Health and Wellness, medical professors, Alberta Research Council, University of Alberta Faculty of Medicine.
Telephone: 780–427–5073
Web Site: www.albertawellnet.org

Alberta Whitewater Association
AWA provides a subsidized kayaking outreach program; it subsidizes the clinic and assists in coordinating resources by arranging for equipment and instructors.
Contact: AWA Executive Director
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–427–6717 Fax: 780–427–0524
Web Site: www.abkayaker.com

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Athletics Alberta

A provincial organizing body for track and field in Alberta.
The following is a list of developmental programs available through Athletics Alberta:
Hershey Program: for 9- to 14-year-olds; track and field event participants have the opportunity to compete in a North American Final in Hershey, Pennsylvania.
Combined Events: designed to offer a positive athletic experience by exposing young athletes to run, jump and throw activities.
Legion Program: offers 14- to 16-year-olds the opportunity to compete in a national event.
Sport Outreach Clinic Program: offered to rural communities throughout Alberta and featuring basic coaching knowledge as well as guidance and information on how to start up and maintain track and field programs in the communities.
Track and Field School: a 10-week program designed to offer the novice athlete an introduction to track and field in a team-oriented environment.
Contact: Athletics Canada
Address: Suite 606, 1185 Eglinton Avenue East, Toronto, ON M3C 3C6
Telephone: 416–426–7181 Toll free: 1–877–226–2290 Fax: 416–426–7182
Web Site: www.canoe.ca/Athcan
Contact: Athletics Alberta
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–427–8792 Fax: 780–427–8899
Web Site: www.athleticsalberta.com

Run Jump Throw

Run Jump Throw is a developmental, activity-based program created by Athletics Canada. It has been designed to assist teachers in the introduction of the three basic skills of track and field—running, jumping and throwing—to young Canadians. Also available from the LRC.

Baseball Alberta

Baseball Alberta has a series of lesson plans and specialized equipment for a game called Winterball, which is a modification of baseball, designed to be played in the gymnasium, with a soft bat and ball.
Contact: Technical Director
Telephone: 780–486–3497 or 780–427–8943
Web Site: www.baseballab.sport.ab.ca

Basketball Alberta

Basketball Alberta has NCCP certification available as well as a coach's book, suitable for novice and experienced basketball coaches. Basketball Alberta also has a resource library available for members.
Telephone: 780–427–9044
Web Site: www.basketballalberta.ab.ca

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Be Fit for Life

Be Fit for Life is a resource centre and network that provides services, educational workshops and materials that encourage self-responsibility in Albertans to adopt active, healthy lifestyles. Presentations, books, programs, consultations and access to a library of books, videos and professional journals are available to teachers through the Be Fit for Life centres across Alberta. The network is made up of eight regional resource centres partnered with community colleges/universities throughout Alberta. Programs, resources and workshops vary from centre to centre. A requirement of each centre is that they all have leaders who are nationally accredited for Fitness Appraisal. Leaders are available for fitness appraisals of classes, and all run leadership AFLCA accreditation courses.

Be Fit for Life – Regional Resource Centres:

Grande Prairie Regional College Fitness Resource Centre
Contact: Be Fit for Life Coordinator
Telephone: 780–539–2816 Fax: 780–539–2811

Keyano College Lifestyle Services Be Fit for Life Centre
Contact: Be Fit for Life Coordinator
Telephone: 780–791–8916 Fax: 780–715–3929

Lakeland College Recreation Centre
Contact: Be Fit for Life Coordinator
Telephone: 780–853–8474 Fax: 780–853–8711
Web Site: www.lakelandc.ab.ca

Lethbridge Community College Be Fit for Life Centre
Contact: Be Fit for Life Coordinator
Telephone: 403–382–6919 Fax: 403–317–3557
Web Site: www.lethbridgecollege.ab.ca/dept/befit

Medicine Hat College Fitness Resource Centre
Contact: Be Fit for Life Coordinator
Telephone: 403–529–3839 Fax: 403–504–3511

Red Deer College Fitness Resource Centre
Contact: Be Fit for Life Coordinator
Telephone: 403–342–3140 Fax: 403–343–8840
Web Site: www.rdc.ab.ca

University of Alberta Fitness Resource Centre
Contact: Be Fit for Life Coordinator
Telephone: 780–492–0758 Fax: 780–455–2264
Web Site: www.provincialfitnessunit.ualberta.ca

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Be Fit for Life – Continued

University of Calgary Campus Recreation
Contact: Be Fit for Life Coordinator
Telephone: 403–220–8011 Fax: 403–284–5867

Many of the Be Fit for Life Centres offer the following services:

Active Aliens
An interactive program demonstrating the value and benefits of active living in a fun format for Kindergarten to Grade 6. Be Fit for Life also has follow-up activities to help participants maintain an active lifestyle. The program can be run by the hour or in half-day or full-day workshop format.

Active Living
Benefits of active living, strategies for getting active and research are presented.

Body Image
In-school presentations: A one-hour presentation on issues relating to body image, such as obesity, eating disorders, healthy nutrition and sports nutrition.

Fitness Appraisals for Schools and Classes
Includes cardiovascular function, body composition, flexibility, strength and endurance.

Health and Wellness Fairs in Schools
Emphasizing active living, these events, often held in conjunction with regional health presentations, focus on various aspects of healthy lifestyles; e.g., flexibility, heart health.

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Be Fit for Life – Continued

Kids Come Alive

A program conducted in the school to introduce children, teachers and parents to the joys and excitement of being physically active through a hands-on approach, emphasizing cooperative games and movement to music. This program is available to schools in the vicinity of the Lakeland College Recreation Centre.
Contact: Be Fit for Life Coordinator, Lakeland College Recreation Centre
Telephone: 780–853–8474 Fax: 780–853–8711
Web Site: www.lakelandc.ab.ca

Lessons From the Heart

An interactive program designed for junior high and senior high school students focusing on cardiovascular function and featuring the use of Polar heart rate monitors and other hands-on equipment. There is a training module and a rental option for the heart rate monitor equipment. The program can be run by the hour or in half-day or full-day workshop format.

Stress and Time Management

A one-hour presentation.

Bicycle Education Society of Edmonton

The Bicycle Education Society teaches courses on bike handling skills and introduction to traffic recognition. Their Teacher Education Course instructs teachers on the skills they might need for teaching a bicycle education unit.
Telephone: 780–421–0241

Bowling Federation of Alberta

The Canadian 5 Pin Bowlers' Association has a "Bowl in the School Program" that includes instruction manuals and videotapes.
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–422–8251 Toll free: 1–888–728-2695

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Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS)
CAAWS has a comprehensive selection of books, pamphlets and videos about women in sport, self-esteem and increasing participation in physical activity. This is an organization with resources to increase opportunity and awareness of women and sport; CAAWS has many resources on gender equity, encouraging girls and women in physical activity and sport, and on some of the challenges faced by women in sport.
Address: N202, 801 King Edward Avenue, Ottawa, ON K1N 6N5
Telephone: 613–562–5667 Fax: 613–562–5668
Web Site: www.caaws.ca

Adolescent Women, Tobacco and Physical Activity
Suggests how taking up physical activity is a better option for adolescent women than taking up smoking.

Do It For You!
A one of a kind inspirational video promoting the joy and fun of physical activity and sport for girls and women.

Eating Disorders in Sports: Practical Tips and Strategies
Tips for teachers, parents, coaches, sport organizations and fitness leaders.

girls@play
Information on the Nike/CAAWS grant-a-week and girls@play network.

How Parents can Encourage Girls to Play Sport
A fact-sheet filled with practical suggestions.

Making an Informed Decision About Girls' Participation on Boys' Teams
Should girls play on boys' teams? This helpful tool offers options, sources and resources.

Media Guide for Athletes and Their Coaches
Provides practical tips and checklists for coaches and athletes.

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Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS) – Continued

On the Move: Increasing Participation of Girls and Women in Physical Activity and Sport
A step-by-step guide to developing "On the Move." This program encourages inactive girls to participate in fun-filled, supportive recreational activities.

Self-Esteem, Sport and Physical Activity
A common sense guide to enhancing self-esteem in children and adolescent women.

Towards Gender Equity for Women in Sport – A Handbook for Sport Organizations
Highlights practical ways to set and achieve gender equity goals.

Women in International Sport: Achieving Gender Equity
A resource for Canadians involved in sport at the international level.

Women in Sport Program
This is an advocacy program for women in sports.
Contact: Sport Consultant
Telephone: 780–422–7108 Fax: 780–427–5140
Web Site: www.caaws.ca

Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD)
CAHPERD is a national, charitable volunteer organization of professionals in the field of health, physical education and related disciplines. CAHPERD supports these professionals to become informed, committed, reflective and proactive in the promotion of physically active and healthy lives. There is an extensive catalogue of resources available through CAHPERD.
Address: 403, 2197 Riverside Drive, Ottawa, Ontario K1H 7X3
Telephone: 613–523–1348 Toll free: 1–800–663–8708 Fax: 613–523–1206
E-mail: info@cahperd.ca Web Site: www.cahperd.ca

Active Kids: Anytime, Anyplace
Describes activities for 5- to 14-year-olds that develop fitness and skills. Kit includes video, teachers' guide and music.

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Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD) – Continued

Assessing Sport Skills

A guide to tests in team sports and activities such as basketball, dance, football, golf and soccer.

The Biggest Little Games Book Ever!

Contains over 350 games for children aged 5 to 12, including sections on tag, warm-up, control, relays, upper body strengthening, outdoor and fun activities. Includes an "Easy Game Finder" for locating games appropriate to the participants' age, group size and time available. Also available from the LRC.

Bruce Algra Substance Abuse Posters

These factual posters provide information in a non-pressured, non-threatening way on the physical and psychological effects of using alcohol and smoking cigarettes. The highly visual presentation appeals to students of all ages, particularly those in upper elementary through college.

Building Dances: A Guide to Putting Movements Together

Accompanied by the unique Deal-a-Dance card deck that provides 224 movement ideas, this resource takes readers step-by-step through the choreographic process. There are sample lesson plans, teaching points, age-appropriate adaptations, student outcome/assessment forms and more. Also available from the LRC.

Canadian Active Living Challenge (CALC)

A physical activity resource designed to help teachers and community leaders wishing to encourage and enable children and youth to become more physically active. Divided into four programs, participants track their level of physical activity, their participation in a learning experience and their success at getting others involved. This resource is suitable for 15- to 18-year-olds.

Celtic Feet: Irish Dancing Step By Step With Colin Dunne, Star of Riverdance

Learn to dance video (55 minutes).

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Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD) – Continued

The Changing Program

This program addresses growth, development, personal appearance habits and self-esteem during puberty for girls and boys in grades 5 and 6 by providing resources and teaching strategies to help students understand their changing bodies, the stages of puberty and the role of personal appearance in a positive self-image.
Telephone: 1–800–420–3616

The Clipboard

An informative and educational newsletter packed with information and ideas for cooperative games, drills, healthy living, safety suggestions and tips. Each issue revolves around a theme; e.g., net games, "close to the floor" games, and includes informative tips, concise descriptions of activities with graphics, and related Web sites.

Coaching Cross Country Successfully

A book on teaching athletes to apply discipline, dedication and teamwork to train and motivate.

The Complete Juggler and Step-By-Step Videotape

The complete book and video of juggling.

Creative Physical Activities and Equipment

A book that describes how to make equipment with inexpensive, readily-available material—even trash! It also describes unique games and ways to use traditional equipment, like Frisbees and jump-ropes, in nontraditional ways.

Danse Creative Dance

This book and audiocassette kit includes 17 musical examples sequenced in progressive levels.

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Destination QDPE: An Information Kit

Provides information on the current state of physical education and physical activity/inactivity in Canada, as well as ideas about strategy, target groups and approaching the media. It is complete with sample letters and media releases.

Environmental and Outdoor Education Series

These resources develop awareness of ecological concepts and provide opportunities for putting awareness, knowledge and attitudes into action. This series is most effective when incorporated into existing outdoor education programs. The three-part series is divided into Personal Development, Junior High Program Planning, and Group Development.

Feeling Great: Teaching Children to Excel at Living

This book provides life skills ideas and other activities to help children draw something positive out of each day, cope effectively with stress, perform closer to their potential and approach life with a stronger sense of self-confidence.

Fitness Education for Children: A Team Approach

This book provides a multidisciplinary approach to teaching health-related fitness at the elementary level. Also available from the LRC.

Fitness Fun: 85 Games and Activities for Children

A book that describes activities such as garbage-aerobics, broomstick stretch and dog pound to replace traditional fitness activities such as sit-ups, push-ups and running laps.

Fitness Running

A training companion for runners.

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From A to Z By Bike

This booklet teaches children to ride bicycles safely and defensively, to wear helmets properly and to develop good judgement for potentially dangerous traffic situations.

Gender Equity in Coaching

The first section of this book provides an overview of gender equity; the second section provides learning activities that enable coaches to address gender equity issues based on their experiences in sport and society in general.

Gender Equity Through Physical Education

This resource raises awareness of equity issues in physical education. It provides practical ideas, such as strategies for action.

Get Winteractive!/Summeractive!

Program, event and activity ideas along with a list of contacts and resources to encourage wintertime and summertime active fun.

Getting There Is Half the Fun: An Active Learning Program on Positive Self-Image, Healthy Eating and Active Living for Preteens (Grade 6)

This is a "stop, listen and do" program to help emerging adolescents understand how positive self-image, healthy eating and active living affect their health, happiness and energy levels.

Girls and Boys in Elementary Physical Education: Issues and Action

This book presents a series of frequently asked questions and perceptions shared by teachers and students regarding girls' participation in elementary physical education. It includes real-life scenarios followed by responses that range from the theoretical to practical actions for the teacher or students to implement. Also available from the LRC.

Girls in Action ...

"Girls in Action ..." is a resource package that includes a video, leader's guide and poster. It provides tools to help teachers and students discuss the issues that impede senior high school girls from choosing physical education when it becomes elective.

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Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD) – Continued

Girls in Action ... Peer Facilitator's Guide

This guide is a spin off to the "Girls in Action ..." resource package and assists teenagers to engage younger students in the topic of gender equity in physical education. This "teen to teen" resource includes a series of activities that highlight gender equity issues with peers. It is an excellent leadership resource that enables students to interact with peers and younger students to motivate female participation in physical activity.

Great Games for Young People

Written by physical education and coaching experts; 69 field-tested games.

Gymnastics Fun and Games

This reference for Kindergarten to Grade 8 provides games and activities to help elementary and middle school physical educators introduce noncompetitive gymnastics into the curriculum safely and effectively. Also available from the LRC.

The Health Fitness Handbook

This book includes the best exercises for improving aerobic fitness, flexibility and strength and includes information on setting goals for fitness.

Holiday Games and Activities

This book divides the school year into eight seasons. For each holiday season, the book includes physical fitness activities, skills, games, rhythm and dance activities, and illustrated bulletin board ideas.

I Love Not Smoking

This resource is a story, activity and colouring book all-in-one for children in preschool through Grade 2. The book follows the story of two children's lives, illustrating the benefits they derive from not smoking.

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Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD) – Continued

I'm Original Video

Rock and hip-hop music, combined with a dramatic story line, will engage children 6- to 12-years-old in a fun mini-workout. A guide is included.

Inclusive Games: Movement Fun for Everyone

Presents effective ways to ensure that all participants are challenged according to their capabilities; outlines 50 games and over 100 game variations. Also available from the LRC.

The Joke's Over: An Interactive Exploration of Student-to-Student Sexual Harassment in Our Schools

This informative CD-ROM was designed by students for students. It defines the problem of sexual harassment in schools, clears up misconceptions and provides prevention tips and additional resources.

Juggletime

This award-winning kit includes music videos and 3 scarves for juggling.

Just Loosen Up and Keep Talking (A Round Table on Youth Sexual Health)

Based on information provided by over 200 youths, this resource will increase dialogue in communities and create awareness and environments that are receptive to the needs of youth for sexual health information and services.

Making the Case for Physical Education in Canada: A Presentation Package for Leaders

This package provides leaders with up-to-date statistics and information on physical activity and how it relates to the health of Canadian children and youth. It includes examples of the overwhelming international support for physical activity as a part of healthy living, and the important role school physical education programs play in providing children and youth with the opportunity to develop positive physical activity habits.

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Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD) – Continued

MAUVE

An interactive CD-ROM designed to assist teens in their search for self-identity and belonging by relating teens' experiences with friendship and love, work and stress, life and death. It is aimed at encouraging independent thinking and helping teens find real solutions to real problems.

More Innovative Games

Features 41 new creative games to educate, stimulate and invigorate middle school and senior high school students—grades 6–12. Also available from the LRC.

Movability

A program for preschoolers that aims to improve gross motor skills by presenting activity plans divided into 3 motor development categories.

Moving and Growing Series

A series of booklets that outlines exercise activities and play to enhance motor development and physical fitness for children up to age 6.

Multicultural Folk Dance Treasure Chest

This video, print guide and music features 18 ethnic dances and offers information for linking physical education with other subjects, such as geography, language arts and social studies. Also available from the LRC.

Multicultural Games (Grades K–9)

Provides ideas to help students develop awareness of other cultures through 75 games from 43 countries on 6 continents. An excellent source for building an interdisciplinary and multicultural curriculum. Also available from the LRC.

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Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD) – Continued

Music for Creative Dance
Compact discs that provide musical pieces that are described according to the beat, with suggestions for appropriate skills.

Nancy Clark's Sports Nutrition Guidebook
Includes 131 high-performance recipes.

Nice On My Feelings: Nurturing the Best In Children and Parents
Terry Orlick, educator and mental training consultant, provides guidelines for quality parenting and living.

Omnikin Ball Instruction Manual
The game, developed in 1985 by Omnikin Inc., is designed to promote cooperation and physical fitness while encouraging respect for others. For information on equipment purchases and a sponsorship program, visit <http://www.omnikin.com>.

The Outward Bound Canoeing Handbook
Contains information on different types of canoes, equipment choices, explanations of paddle strokes, trip planning advice, and safety and white-water paddling.

The Outward Bound Wilderness First-Aid Handbook
This comprehensive guide covers the essentials of what to do if you or a companion is injured in the wilderness. It reviews the major first-aid and diagnostic procedures.

Physical Activity for Health and Fitness: An Individualized Lifetime Approach
This book explores the connection between a lifetime of physical activity and quality of life and between sedentary living and disease.

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Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD) – Continued

Physical Activity Ideas for Action – Elementary and Secondary Level

These books present activities, lesson plans and special events for promoting fitness. Also available from the LRC.

Physical Education Methods for Classroom Teachers

A book that shows non-specialists how to develop a realistic and workable approach to teaching physical education.

Physical Education: A Positive Place to Learn – Tips for Teachers

This is a new resource designed for teachers that aims to encourage girls and young women to stay involved in physical education classes. It assists teachers in creating environments in which female students feel safe, find value and feel valued. Also available from the LRC.

Physical Education 2000

The complete document of CAHPERD foundations, guidelines and learning outcomes for physical education for the future. This tool will assist teachers, schools and school boards to review their programs, standards and policies in light of the national stance.

Positive Environments: How to Eliminate Harassment and Abuse from Happening in Your School

This booklet was developed by CAHPERD to increase awareness of the issue of abuse and harassment in society, particularly in school physical education settings.

Premier's Sport Awards Program

This series of basic sport skill development manuals provides grass-roots instructional material in badminton, basketball, curling, field hockey, gymnastics, ice skating, orienteering, soccer, softball, track and field, and volleyball.

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Quality Daily Physical Education (QDPE)

An initiative that promotes a planned program of instruction and activity for all students on a daily basis. Information brochures, a recognition program (RAP), and marketing binders are available. An application form can be downloaded from the CAHPERD Web site.

Quality Lesson Plans for Secondary Physical Education

This guide contains over 150 ready-to-use lesson plans divided into four sections: physical fitness, major sport, minor sport and single-day lessons.

Quick Series Books

Four pocket-sized books that contain guidelines to weight and aerobic training.

Ready to Use Physical Education Activities Series

This sequential program provides teachers with 1600+ success-oriented indoor and outdoor activities to help children improve physical fitness and develop social interaction skills, fair play and self-esteem. Included are ready-to-use forms for creating well-balanced daily, weekly and yearly physical education plans for Kindergarten to Grade 2, grades 3–4, grades 5–6 and grades 7–9. Also available from the LRC.

Right Fielders are People Too: An Inclusive Approach to Teaching Middle School Physical Education

Methods and activities to help students work to their potential regardless of their starting point in terms of skill.
Also available from the LRC. Also available from the LRC.

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Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD) – Continued

Run, Jump, Throw – Instructor's Manual

Organized into run, jump and throw sections and sorted by age, this resource outlines desired outcomes and skills and guides teachers—whether they have a track and field background or not—through the lessons step-by-step.

Safety Oriented Guidelines For Outdoor Education

These guidelines on safe, low-liability programming were drawn from a study of statutory and common-law responsibilities of outdoor educators. Topics include pre-trip preparations, leadership, navigation and guidance, programming standards and more. Also available from the LRC.

Sport Nutrition for the Athletes of Canada

This book contains fact sheets, activities, recipes and information on carbohydrates, protein and iron fluids.

Sport Stretch: 311 Stretches for 41 Sports

This resource includes illustrations and step-by-step guidelines for 311 stretches involving 28 muscle groups.

Student-Centred Physical Education: Strategies for Developing Middle School Fitness and Skills

This book contains 120 activities that promote student fitness and skill development, build the foundation for a physically active life, and promote goal-setting. A modular approach is used. Also available from the LRC.

Stuntnastics

Stuntnastics includes elements of tumbling, dance, pyramid building and choreography and emphasizes cooperation rather than competition. For grades 1 to 9.

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Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD) – Continued

Teaching Children Fitness: Becoming a Master Teacher

This resource is designed to provide preservice and inservice teachers with developmentally appropriate practices for teaching elementary physical education.

Teaching Orienteering

This book presents information in a logical progression to help students learn the sport in familiar, easy terrain before moving into more difficult environments. The book is illustrated with maps, drawings and photographs.

Teaching Responsibility Through Physical Activity

This book presents a teaching approach that uses sport and exercise to help young people take more responsibility for themselves and the well-being of others.

Tobacco Tackle Event Kit

Tobacco Tackle is a compendium of activities designed by students to encourage and motivate other students to lead active, tobacco-free lives. Using the Tobacco Tackle theme, students can create a unique, fun event for the school that incorporates physical activity and reduction of tobacco use.

Up, Down, All Around

This lesson program is a sequential—Grade 1 to Grade 6—program based on 60 lessons and organized around six universal movement patterns: landings, statics, locomotion, rotation, spring and swing. The program is sequenced as follows: grades 1–2, grades 3–4 and grades 5–6. Also available from the LRC.

Youth Soccer Drills

Progressive drills for 5- to 12-year-olds.

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Canadian Association for School Health (CASH)

CASH's mission is to promote the use of a comprehensive school health approach, a practical and adaptable framework for promoting the health of children and youth. It is composed of provincial and territorial coalitions concerned with promoting the health of children through school programs. CASH provides reinforcement of instructional activities.
Contact: CASH
Address: 2835 Country Woods Drive, Surrey, BC V4A 9P9
Telephone: 604–535–7664 Fax: 604–531–6454

Canadian Centre for Ethics in Sport

Promotes ethics in sport and recreation through education, public awareness and research.
Address: Suite 300, 2197 Riverside Drive, Ottawa, ON K1H 7X3
Telephone: 613–521–3340 Fax: 613–521–3134
Web Site: www.cces.ca

Fair Play for Kids – 2nd Edition

"Fair Play for Kids" is a teacher handbook designed to help children learn moral judgement and fair play values. "Fair Play: It's Your Call" is a resource consisting of four handbooks designed to help implement fair play at the community level—making fair play education accessible, effective and fun. "Cosmic Hurdle" is a video and handbook that presents ethical dilemmas in sport in a virtual reality setting. "Fair Play Slide Show" is a brief slide presentation with script sending important messages about fair play. Also available from the LRC.

Canadian Fitness and Lifestyle Research Institute

Lifestyle Tips: These informative columns offer encouragement and practical suggestions for integrating physical activity into daily life. They provide helpful, motivational and easy-to-read information, as well as tips on becoming more active and maintaining an active lifestyle. These columns can be downloaded from the Canadian Fitness and Lifestyle Research Institute Web site.
Address: 201, 185 Somerset Street West, Ottawa, ON K2P 0J2
Telephone: 613–233–5528 Fax: 613–233–5536
Web Site: www.cflri.ca

Canadian Health Network

The CHN is a national, bilingual Internet-based health information service. The CHN features 26 Health Centres focused on major health topics and population groups.
Web Site: www.canadian-health-network.ca

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Canadian Intramural Recreation Association (CIRA)

CIRA's mission is to encourage, promote and develop active living, healthy lifestyles and personal growth through intramural and recreational programs within the educational community. CIRA supports and delivers national initiatives such as the Student Leadership Development Program, Health in Perspective, Playground Leadership Program, School Information Link, Moving to Inclusion and National Student Leadership Award.

Address: 740–B Belfast Road, Ottawa, ON K1G 0Z5
Telephone: 613–244–1594 Fax: 613–244–4738
Web Site: www.intramurals.ca

Another Games Book: Special Event and Theme Week Programming for a Safe School

This resource provides special event and theme week programming for a safe school or program. It emphasizes students' and staff involvement and describes activities to help staff develop spirit by creating an atmosphere of ownership in the school and its programs.

Awesome Asphalt Activities

This resource contains chapters jammed full with activities to be played on asphalt, blacktop or tarmac surfaces, complete with markings. Includes hopscotch, four square, skipping, wall, equipment and line games.

Be Active, Feel Good

Ideal for anyone in a leadership position working with people—educators, camp instructors, recreation directors parents and even office managers who need to keep motivation and productivity high.

CIRA Intramural Series

These comprehensive books offer details on setting up a program, activity ideas, scheduling and ways to make your intramural program run smoothly and efficiently. Resources are available for each division of grades.

Creative Ideas for Teamwork—Using Old Ties

Creative Ideas for Teamwork—Using Old Ties is a seven step, easy-to-follow and implement training exercise booklet designed to develop teamwork for large or small groups.

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Canadian Intramural Recreation Association (CIRA) – Continued

Creative Play Activities for Children with Disabilities

250 games and activities designed to help infants to 8-year-olds with all types of disabilities grow through play. Many activities come with special adaptations for students with a disability.

Dances Even I Would Do!

This unique resource contains over 50 dances divided into folk dances, mixers, novelty dances, singing games and dances for a variety of special occasions.

Diversity in Action

A sequence of Adventure games and activities specifically tuned to youth groups working on issues of diversity, this book shows how to create a comfortable and safe environment, where ideas and feelings are listened to and treated with respect.

Dynamite Dodge Ball Games!

Includes the best dodge ball games, suitable for groups of children and youth in any setting. Also available from the LRC.

Energize!

This is a complete book of energizers and other great cooperative activities for all ages! The author has included 170 easy, interactive and cooperative activities that light up a group and bring people together.

Go for Green Games Kit

The kit is divided into various environmental themes, with each section containing background information on an issue followed by warm-up activities and games.

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Canadian Intramural Recreation Association (CIRA) – Continued

Great Gator Games

This resource contains 40 Gator games, using Gator Skin balls, that will complement any program including intramurals, physical education classes and playground activities. Specific activities include icebreakers, team, tag, pass and dodgeball games. Also available from the LRC.

Great Ideas: Games and Activities for Youth, by Youth

This book is a creation of many new, innovative and active games for children and youths, submitted and designed by youths themselves.

Gym Riot for Grades 1–6, 7–12

Gym Riot can involve any number of teams and students and is great for student–staff relationships and getting students working together. Diagrams for the 30 games are included.

Health in Perspective – 2nd Edition A Youth-Led Approach to Healthier Lifestyles – HIP

An active learning program designed to help young females, aged 10–15 years, develop healthy and active lifestyles. The focus is on smoking prevention and cessation through active living, respect for the environment, and an understanding of positive ways to deal with stress. The program includes a Facilitator and Peer Leader's Guide.

Hiking with Children Booklet

For teachers, leaders and parents, this booklet serves as an introduction to planning and preparing for a trip to the hiking trails with children.

Holiday Games and Activities

The information in Holiday Games and Activities helps teachers provide fun activities for children in Kindergarten to Grade 6.

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Canadian Intramural Recreation Association (CIRA) – Continued

Moving to Inclusion

The Moving to Inclusion series consists of nine distinct disability-related resources in comprehensive and abridged versions. Each binder contains comprehensive information on a specific disability and provides modifications to physical education activities in areas such as assessment, equipment and rules, instructional strategies and learning objectives.

Not Just Another Games Book

This book includes over twenty chapters on theme week and special event programming for elementary and secondary schools. Topic areas include Welcome Week, Week on Wheels, Fitness Follies and Western Daze.

Playground Leadership Program

The Playground Leadership Program (PLP) is designed to be used for and by children and youth to create an environment where play is safe and fun in a variety of play areas. The program promotes active living, respect for others and property, and safe play while developing leadership skills among youth. Also available from the LRC.

Quiet Riot I and II

A collection of 45 games to be used with any size and any age of group. Included are games, quizzes, icebreaker activities, brain-teasers, holiday games and much more—ideal for group interaction or independent activity.

Snow Fun! Favourite Canadian Winter Activities

This is a collection of fun, physical activities gathered from teachers and students from across Canada. The activities have been divided into categories—scavenger, cooperative/team building, relay, tag teams, targeting, carnival and special days.

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Student Leadership Development Program

The guides provide practical information, activities and worksheets on how to start a leadership group in your school or organization and how to develop leadership skills as well as effective teamwork skills.

Elementary Teacher's Guide

Background information and photocopiable activities and worksheets are included in each module. Topics include: Leadership and Team Building Skills, Planning, Publicity, Tournament Scheduling and more. Special feature: Student Leadership Instructional Clinic.

Secondary Guide

This includes fourteen modules, with theoretical information, activities and workshops for facilitators and youth leaders. Topics include: Leadership Skills, Team Building, Communication, Planning, Conflict Resolution and more!

Post-secondary Student Leadership Development Guide

Module topics are: Leadership Team Building, Communication, Time Management, Stress Management and Promotion. Also available from the LRC.

Treasury of MOGA Madness

This practical resource with over 200 events and activities divided into eight different categories is the best of the "Most Outrageous Group Activities" from 1985–1995. Also available from the LRC.

The Ultimate Playground & Recess Game Book

This complete and easy-to-use resource contains over 170 fun games, sports and activities for the playground and school recess.

The Ultimate Sport Lead-up Game Book

This comprehensive resource contains more than 200 pages of the very best sport lead-up games to both team and lifetime sports for the Kindergarten to Grade 8 student!

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Canadian Intramural Recreation Association (CIRA) – Continued

Zany Activities with Pantyhose, Boxer Shorts and Leotards

This book, the second in the CIRA Improvisation Series, is full of zany uses for pantyhose, boxer shorts and leotards. Activities include promotions, group development, challenges, tag games, relays, target games and team activities.

Zany Activities with a Rubber Chicken

Developed by educators and recreationists, this complete, easy-to-follow resource contains instructions and descriptions of activities and equipment to add fun to your intramural/recreation program, club, youth group or staff meeting. Don't forget to order your rubber chickens.

Canadian Olympic Association, Western Canada Regionalization Project
Address: 1400, 520 – 5th Avenue SW, Calgary, AB T2P 3R7
Telephone: 403–294–4292 Fax: 403–294–4301

Canadian Parks and Recreation Association (CPRA)
Address: 404, 2197 Riverside Drive, Ottawa, ON K1H 7X3
Telephone: 613–523–5315 Fax: 613–523–1182
Web Site: www.cpra.ca

Canadian Parks and Wilderness Society
CPAWS has an extensive environmental education program. Free lesson plans for teachers are available by accessing and downloading from their Web site.
Contact: Teacher Training Coordinator
Telephone: 403–678–0079
Web Site: www.cpaws.org

Canadian Society for Exercise Physiology
CSEP promotes the generation, synthesis, transfer and application of knowledge research related to exercise physiology.
Web Site: www.csep.ca

Canadian Sport and Fitness Administration Centre
Address: 760 Belfast Road, Ottawa, ON K1G 6M8
Telephone: 613–235–1515 Fax: 613–235–9773
Web Site: www.cdnsport.ca

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Coaching Association of Canada (CAC)
The mission of CAC is to enhance the experience of all Canadian athletes through quality coaching.
Address: 141 Laurier Avenue West, Suite 300, Ottawa, ON K1P 5J3
Telephone: 613–235–5000 Fax: 613–235–9500
Web Site: www.coach.ca

Straight Talk About Children and Sport: Advice for Parents, Coaches, and Teachers
This resource offers comprehensive responses to 72 of the most pressing questions around children's involvement in sport. The resource features experts in medicine, nutrition, physical education, sport psychology, physiotherapy and coaching. Each provides simple and straightforward answers based on some of the latest research on children and sport.

Cross Country Alberta
This organization has manuals for youth instruction.
Contact: General Manager
Telephone: 780–415–1738
Web Site: www.xcountry.sport.ab.ca

Edmonton Nordic Ski Club
This club has Jackrabbit Leader and CANSI Training Courses.
Contact: CCA Leadership Development Director
Telephone: 780–471–8614

Ever Active Schools Program
This is a unique program available to all school communities. The Ever Active Schools Program will support and enhance the physical education and health curricula. The program acts as a planning tool to increase community involvement and foster social and physical environments that support healthy, active living. To find out how to be recognized as an Ever Active School; visit the Ever Active Schools Web site or contact them directly.
Address: 506, 11010 – 142 Street N.W., Edmonton, AB T5N 2T1
Telephone: 780–454–4745 Fax: 780–453–1756
Web Site: www.everactive.org

Federation of Alberta Naturalists
This organization has books, posters and other resources for guiding students toward healthier human environments and wildlife habitats.
Contact: Federation of Alberta Naturalists, Box 1472, Edmonton, AB T5J 2N5
Web Site: www.connect.ab.ca/~fan

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First Aid and CPR

The following courses are available from University of Alberta Campus Recreation:
Athletic First Aid, Heart Saver CPR, Standard First Aid, Basic Rescuer CPR, Recertification, Paediatric CPR (for infant and child).
Contact: U of A Campus Recreation, W1–08 Van Vliet Centre
Web Site: http://campusrec.ualberta.ca/

Football Alberta

Football Alberta has a number of resources to support school physical education programs.
Contact: Executive Director
Telephone: 780–427–8108 Fax: 780–422–3093
Web Site: www.footballalberta.ab.ca

Flag Football Manual for teachers
Instructor's Teacher's Manual Football Skills Development Program: a touch football teacher's manual
NCCP Coaching Certification Program
AFA equivalency programs to help facilitate AFA (Athletic First Aid) courses. Teachers can receive resource manuals and guides, and an AFA certification course can cater to the schools time frame.
Sport and Nutrition Equivalency Program
Taping and strapping courses

Global, Environmental & Outdoor Education Council (GEOEC)

GEOEC is a specialist council of the ATA and has a Web site that operates as a clearing house with access to extensive resources, information and links. Information on GEOEC's annual conference is also available through the Web site.
Web Site: www.geoec.org

Go for Green! The Active Living and Environment Program

Go for Green is a national initiative that promotes safer, healthier transportation alternatives for children. The focus is on recreationally, physically and environmentally friendly travel choices. The program offers parents and teachers the tools to explore and implement travel arrangements that more effectively protect children in the vicinity of schools.
Alberta Contact: Recreation Consultant, Provincial Trails Coordinator
Telephone: 780–415–0267
National Contact: Active and Safe Routes to School
Telephone: 418–877–6350 Toll free: 1–888–822–2848
Web Site: www.goforgreen.ca

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Safe Healthy Active People Everywhere (SHAPE)
A municipal off-shoot of Go For Green, SHAPE is a multi-pronged approach to encourage children to be more active, reduce traffic (environmental concerns), and encourage community development. Ten schools in the Edmonton area participated in a walk day, a bike day and a bus day in the spring of 2001; information on this initiative is available by contacting the SHAPE Coordinator.
Contact: EPSB Planner and Coordinator of SHAPE
Telephone: 780–429–8544
Web Site: www.epsb.edmonton.ab.ca

Health and Physical Education Council (HPEC) of the Alberta Teachers' Association
An annual conference, featuring theoretical and practical sessions in all areas of health and physical education for all grade levels, is held in the spring of each year in rotating locations. Drive-in workshops are held throughout the province. Contact your district representative.
Contact: Alberta Teachers' Association, 11010 – 142 Street, Edmonton, AB T5N 2R1
Telephone: 780–447–9400 Toll free: 1–800–232–7208
ATA Calgary Office Telephone: 403–265–2672 Toll free: 1–800–332–1280
Web Site: www.schoolscomealive.org

Health Canada – Health Promotion Web Site
Health Canada has a Web site with information about health-related issues. Dieticians also have a Web site focused on nutrition-related issues. The third Web site presents information on physical activity.
Web Sites: www.hc-sc.gc.ca.hpfb-dgpsa/index_e.html and www.dietitians.ca and www.paguide.com

Health Education Program
This is a University of Alberta collaborative program focusing on health and sex education with excellent resources on the web, interactive programs and up-to-date, valid and reliable information.
Web Site: www.ualberta.ca/healthinfo

Health Promotion Online
A Health Canada-sponsored Web site connecting the health promotion community and addressing such topics as comprehensive school health, fitness, health promotion development and heart health.
Contact: Health Promotion Online
Web Site: www.hc-sc.gc.ca/hppb/hpo

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Heart and Stroke Foundation (HSF)

The Heart and Stroke Foundation has teaching kits; anatomical and physiological models of the brain, heart and arteries; and manuals about the cardiovascular system. Heart Healthy programs for all school ages promote healthy living choices and provide information about the dangers of unhealthy choices.
Contact: Resources Coordinator
Address: Heart and Stroke Foundation offices in Calgary, Edmonton, Lethbridge, Medicine Hat and Red Deer
Telephone: 1–888–HSF–INFO
Web Site: www.hsf.ab.ca

Getting to Know Your Heart

Teaching kits for elementary aged students.

Heart Healthy Kids

Teaching kits aimed at elementary aged students, junior high school students (Heart Decisions) and senior high school students (Heart Challenges).
Available for loan but must be booked in advance.

Jump Rope for Heart

Focuses on fitness, heart-healthy education and fund-raising. It provides the opportunity for students to develop individual and team skills in a noncompetitive environment.
Free for schools enrolled in the JRFH program.
Contact: Director, Special Events, Heart and Stroke Foundation

Human Kinetics Publishers

This organization has a wealth of resources to assist students in reaching the outcomes of the physical education program.
Telephone: 1–800–465–7301
Web Site: www.humankinetics.com/

In Motion Network

This is a voluntary organization for advocacy and networking of women in sport.
Address: 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–422–7801 Fax: 780–427–5140

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Inroads Adventure and Leadership Programs

Using outdoor pursuits as a vehicle, Inroads Adventure guides participants in leadership and team development. Also featured are Grade 7 orientation camps to create a positive feeling about a new school and develop teacher–student relationships.
Address: R.R. 2, Site 250, Box 4, Stony Plain, AB T0E 2G0
Telephone: 780–963–7675

KIDSAFE Connection

Addresses the leading cause of death and disability for Alberta's children—preventable injuries. Kidsafe's resources focus on our priority issue: transportation injury (passenger, pedestrian, bicycle), falls (home, sports, recreation, playground), fire/burns, poisoning, choking/suffocation and drowning.
Address: Stollery Children's Health Centre, WMC 4H2.02, 8440 – 112 Street, Edmonton, AB T6G 2B7
Telephone: 780–407–7250 Fax: 780–407–6472

Alberta Children's Safety Survey Results (1997)

Results of a survey of 398 Alberta parents of children under 15 years on their perceptions, attitudes and behaviours regarding safety concerns.

Calgary Day Care Playground Environment Committee, Summary Report (1999)

Outlines the goals, objectives, process, outcomes and advocacy approach of this committee, which produced the *Play Safe, Safe Play Curriculum Guide*.

Get In-Line – Skate Smart – Awareness Campaign Materials

The package promotes safe inline skating by encouraging the public to wear the appropriate safety gear, take lessons and practise trail etiquette.

Get the Facts (1999)

Current information on childhood injury and injury prevention in such things as alpine skiing, biking, horseback riding, sledding, snowboarding and playground activities, as well as information on backyard safety, child pedestrians, clothing safety, fall prevention and school bus safety.

Halloween Safety – Elementary Package

The issues covered in this resource include choosing costumes and behaving safely while trick-or-treating.

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KIDSAFE Connection – Continued

Holiday Safety – Fact Sheet
An information sheet with safety tips on decorations, trees, toys, clothing, outdoor activities and travelling.

Play Cool, Play Smart – Child Care Resource Package (1999)
This package provides playground safety information and resources tailored to program planning in a day care setting.

Play Cool, Play Smart – Elementary School Package
This package was developed to reinforce positive, safe playground attitudes and behaviours as the norm among students, staff and parents.

Play Safe, Safe Play – A Curriculum Guide for Safe Playground Environments (1999)
This "train the trainer" resource provides easy-to-use instructions for running information sessions or workshops on playground safety. A Workshop Kit is available on loan.

Reducing Riding Injury in Alberta – Equestrian Safety Package
This resource package includes such things as a fact sheet, data sheets on injuries and fatalities, coaches' information sheets and emergency procedure sheets.

Removing Playground Hazards for Our Children's Sake: A Resource Guide for Alberta Communities (1996)
This guide is designed to aid school and community groups with assessing and renovating old playgrounds and/or constructing safe, new playgrounds to reduce the likelihood of playground injuries.

Safe Sledding Dynamics Report (1996)
A research project to provide understanding of the factors associated with sledding injuries in Alberta.

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KIDSAFE Connection – Continued

Soft Landings – Playground Surfacing Brochure

Contains up-to-date information and comparative advantages/disadvantages of playground surfacing and surfacing materials.

Statistics Sheets (1998)

Statistics on childhood injury are presented by category and include national, provincial and regional information. Data sheets are available for specific childhood injuries.

Thin Ice Safety Package

The fact sheet describes the dangers of ice and the precautions that should be taken around ice during freezing, melting and sudden changes in temperature.

Lifesaving Society

This organization has a number of books, manuals and videos available, including:

- *Canadian Lifesaving Manual*
- *Alert, Lifeguarding in Action*
- *Sudden Impact Video*: a video about spinal injuries

Contact: Lifesaving Society
Telephone: 780–415–1755 Fax: 780–427–9334
Web Site: www.lifesaving.org

National Coaching Certification Program (NCCP)

This is a five-level educational program for coaches of all levels in over 60 sports. The program covers three components of coaching: Theoretical, Technical and Practical. Local colleges, community recreation centres and provincial sport organizations provide accompanying courses. The Coaching Development in Alberta Program covers theory, and specific sport bodies are responsible for the technical development.
Contact: Coaching Program Coordinator, Coaching Development in Alberta
Telephone: 780–422–8294 Toll free: 1–800–335–3120 Fax: 780–427–5140
Web Site: www.cd.gov.ab.ca/building_communities/sport_recreation/coaching_leadership/coaching_development/index.asp

National Fitness Leadership Advisory Council

NFLAC is a Canadian collective/partnership dedicated to collaboratively developing and promoting fitness leaders, by establishing national standards for the training and certification of Canadian fitness leaders.
Web Site: www.activeliving.ca/activeliving/nflac.html

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National Intramural Recreational Sports Association

NIRSA is a nonprofit professional organization dedicated to the establishment and development of quality intramural/recreational sports and fitness programs and services.
Web Site: www.nirsa.org

Ontario Physical and Health Education Association (OPHEA)

OPHEA has been developing and promoting resources that enrich the health and well-being of children and youth for over 75 years. They have resources and workshops for building healthy, active lifestyles with children and youth. Visit the Projects Centre and HPE Resource Inventory at www.ophea.net to find health and physical education resources.
Address: Suite 501, 1185 Eglinton Avenue East, Toronto, ON M3C 3C6
Telephone: 416–426–7120 Toll free: 1–888–44–OPHEA Fax: 416–426–7373
Web Site: www.ophea.net

Action

This program/resource supports school and community involvement in substance use and abuse prevention.

Bend and Stretch Exercise Wall Chart

Includes exercise guidelines and a series of 10 stretching and strengthening exercises.

The Changing Program

This free program addresses the delicate topics of adolescent growth and development. It includes a Boys' Booklet, Girls' Booklet, Parents' Booklet, Instructor's Guide, Instructional Video and product samples.

FoodFocus

FoodFocus gives students a clear view of their eating habits through computer analysis of a recipe, grocery list, meal or daily eating plan.

Get Strong Wall Charts

Two charts for weight-training: using stack weights and free weights.

Guide to Fitness Poster Series

Includes Getting Started, Persisting, Exercising Expertly, and Running Right.

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Ontario Physical and Health Education Association (OPHEA) – Continued

Guide to Nutrition Poster Series

Topics include Shopping Smart, Eating Right Where You Are ..., Fuelling Up ... eating for an active lifestyle, and Maintaining a Healthy Weight.

Key to Fitness

Three kits—primary, junior, intermediate—provide innovative and fun ideas designed to help leaders and instructors get kids moving for life.

Medicine Ball Training Resource Package

Covers how to use the medicine ball to develop functional strength, and outlines specific programs for baseball, basketball, football, golf, soccer, swimming, tennis and track and field.

Movability

Encourages children, aged 3 months to 5 years, to move in many ways, resulting in improved gross motor skills.

Ontario Health and Physical Education Curriculum Support: Kindergarten to Grade 10

These are grade-specific resource documents containing approximately 30 health lessons and 100 physical education lessons per grade. Each resource is complete with assessment strategies, tools and supporting background information for teaching learning strategies.

Prime Movers Fitness Posters

These are fun, motivational posters to get your fitness message across—including: Fitness ... fit mind, fit body ... fit your pants! and Give us an "S"! Stamina, suppleness, strength ... and SPIRIT.

Progressive Warm-up Chart

An easy to follow guide for groups.

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Ontario Physical and Health Education Association (OPHEA) – Continued

Quality Daily Physical Education (QDPE) Planning Kit

This includes practical tools to plan a quality, daily physical education program; e.g., scope and sequence charts of all physical education activities from Kindergarten to Grade 12, a step-by-step process for planning your program and worksheets.

QDPE Bibliography

CAHPERD's selected reference list for QDPE, developed in cooperation with the Sports Information Resource Centre (SIRC).

QDPE Display

A display for conferences, meetings and presentations, this is a tabletop unit with header, shipped in a hard case and separate soft carrying case.

QDPE Leader's Lobbying Kit

This is a practical kit with ideas about strategy, target groups and approaching the media; background information of current statistics; sample contact letters; and more.

Royal Bank Activ8

A program that complements school curriculum and features developmentally appropriate physical activity challenges that are achievement-based not performance-based. The program includes curriculum modules, a fund-raising and event guide, and participant recognition incentives.
Contact: Foundation for Active Healthy Kids
Telephone: 416–426–7120 Toll free: 1–888–446–7432
Web Site: www.ophea.org/activ8.htm

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Sportability and Movability

This program is designed to help children, aged 6–12, raise their self-esteem and improve their sport skills. The Teacher's/Instructor's Manual and incentives aim to develop kids' sport skills in three categories: Gymnastics, Track and Field, and Team Games. Movability encourages children, aged 3 months to 5 years, to move in many ways, resulting in improved gross motor skills.

The Stress of Teaching Kit

This book includes practical tips on stress symptoms (why we get them); the true meaning of stress; ways to worry effectively, not uselessly; and key attitudes and practical skills, including relaxation, problem-solving for teachers, communication and time management. The kit contains a book, workbook and audiocassette for learning effective personal relaxation.

3M Coaching Series

This series of five booklets introduces the principles of coaching and the basic techniques and tactics for five sports—hockey, ringette, baseball, softball and soccer. Included are sample practice plans as well as information on communicating with players and parents, teaching skills, fair play, safety, rules and planning.

You Can Make a Difference

Using a mentorship model, this resource aims to assist young women between 13 and 19 years of age to examine their smoking behaviour, avoid smoking or quit smoking. Also available from the LRC.

Our Schools In Action

This is an integrated teacher resource developed to involve students, teachers and communities with the 8th IAAF World Championships in Athletics; it provides a wealth of cross-curricular activities that can be used year after year. The resource has been developed to support implementation of the program of studies; lessons align directly with the curriculum and can be used instead of, or in conjunction with, activities already being taught in Alberta schools. The themes of global friendship; citizenship; well-being; and run, jump, throw are integrated with student curricular outcomes. This resource is available through the LRC or can be downloaded from the Internet.
Contact: Director, Learning and Teaching Resources Branch, Alberta Learning
Address: 11160 Jasper Avenue, Edmonton, AB T5K 0L2
Telephone: 780–427–2984 Toll free: 310–0000 Fax: 780–422–0576
Web Site: www.2001championshiplearning.org [Note: This Web site is available for a limited time only. Also visit the Physical Education Online Web site at www.learning.gov.ab.ca/physicaleducationonline.]

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Pathway to Gender Equity

This YMCA/YWCA guide enables organizations to work with members and participants in understanding and supporting the need for increased access to physical activity for girls. By completing a self-assessment questionnaire, staff will be better equipped to understand and facilitate girl-centred programming.
Contact: Resource Coordinator at the YWCA of/du Canada
Address: 5th Floor, 590 Jarvis Street, Toronto, ON M4Y 2J4
Telephone: 416–962–8881 ext. 244 Fax: 416–962–8084
Web Site: www.ywcacanada.ca

Physical Education (PE) Central

Physical Education (PE) Central is a Web site on the Internet designed for physical educators, classroom teachers and parents. The intent of the site is to provide the latest information about contemporary, developmentally appropriate physical education programs for children and youth. Resources on the site include physical education, health and classroom lesson ideas; ready to print assessments; adapted PE information; and weekly kids quotes and wellness ideas. PE Central is maintained by the Health and Physical Education Program at Virginia Tech, Virginia, USA.
Web Site: www.pecentral.org

Promotion Plus – The BC Organization for Girls and Women in Physical Activity and Sport

Contact: Executive Director, Promotion Plus
Address: 305, 1367 W Broadway, Vancouver, BC V6H 4A9
Telephone: 604–737–3075 or 1–877–55–PROMO Fax: 604–738–7175
Web Site: www.promotionplus.org

Rhythmic Gymnastics Alberta

Resources available include videos, coaching manuals, skill development program, new teachers' manual and a judging handbook. Services include workshops, NCCP technical courses, sport outreach, school visits and summer camps.
RGA has a program—the Prism Program series of skill development—designed for teachers. For more information regarding this program, contact the RGA Program Coordinator at 403–288–7435.
Contact: Executive Director
Telephone: 780–427–8152

Rhythm Rhythm Rhythm

This resource outlines what rhythm is and how it can be used in dance and other movement activities.
Address: 11320 – 73 Avenue, Edmonton, AB T6G 0C8
Telephone: 780–436–0684 Fax: 780–436–9229

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Ringette Alberta

There are books; gym ringette equipment (gym ringette is a modified version of on-ice ringette); *Ringette Rule Book; CAHPERD Gym Ringette: Basic Skill Series; Getting Started in Ringette*; and *Ringette Development Model*, which includes rules and game modifications, development program for different ages, skill development and strategies.
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–415–1750 Fax: 780–422–2663
Web Site: www.ringette-alberta.ab.ca

Safe Kids Canada

This is a national, charitable organization whose mission is to increase the public's awareness that unintentional, preventable injuries are the leading threats to children under the age of 15 and to collaborate with communities and groups to reduce the incidence and severity of injuries.
Address: 1300, 180 Dundas Street West, Toronto, ON M5G 1Z8
Telephone: 416–813–6766 Fax: 416–813–4986
Web Site: www.safekidscanada.ca

Schools Come Alive

SCA provides education and resources that focus on increasing physical activity and promoting healthy active lifestyles in Alberta school communities. SCA provides and distributes the newsletter *Active* to every school in the province three times per year.
Telephone: 780–454–4745 Fax: 780–453–1756
Web Site: www.schoolscomealive.org

Back to the Basics in Movement

This workshop is for Kindergarten to Grade 3 teachers who would like to provide their students with a good foundation of movement development so that students feel competent and successful and make choices for future participation. Teaching tips, games, circuits and a variety of other activities will be shared to help refine the basic skills of running, landing, throwing, hopping, skipping and more.

Evaluating & Assessing & Communicating Physical Education Programs

A look at some innovative strategies and some practical tools to assess the K–12 physical education outcomes-based program. Learn to assess using the background design model beginning with the end in mind.

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Ever Active Forever Healthy

The new Ever Active Schools Program will assist schools in the development of healthy children and youth by fostering social and physical environments that support active living. Promising practices will be provided to assist schools in providing quality learning experiences, assessing program implementation, increasing community development and creating positive school climates.

Fair Play and Respect

Fair play is about respect and it is a vehicle for developing a more respectful school. This session provides the tools needed to teach students to respect themselves and others and help them understand the concept of equal treatment for all.

From Couch Potato to Hot Tomato

No time to jog? No money for aerobics and fancy outfits? Find out how to feel "well," keep a positive attitude in a high stress job and motivate yourself to live a healthy, active lifestyle. Be prepared to laugh, move a little and never break a sweat!

Heart and Sole

This workshop teaches about health related fitness! Participants will be involved in activities that are fun, user-friendly and functional. Functional fitness will take on new meaning!

Hip-Hop Hoorah!

Learn how to hip-hop dance to music that students love best. A repertoire of more than a dozen moves will get you on your way to providing opportunities for student-led routines, positive relations, some laughter and group creativity.

Let's Go Surf'n Now

Physical education online is hot! Surf the net to explore sources for teacher-made lesson plans and specific examples of activities to reach program outcomes.

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New Games!

New games foster success, cooperation and fun while including everybody, regardless of age, size, gender or ability level. Learn a variety of games for use in physical education classes and special events.

No Gym, No Problem – Energize!

A collection of games to use when the gym is in use and you are in need of some energizers. Come prepared to participate and laugh as we explore the world of activities your students can do in small spaces.

Omnikin Ball

This is a team game with a strong emphasis on cooperation and sportsmanship. The ball itself is 4 feet tall, but weighs less than 1 kilogram. A unique experience!

Planning for Quality Learning Experiences

This session will assist teachers with practical suggestions on how to create dynamic learning experiences for students, using the outcomes from the program of studies.

Running, Jumping and Throwing!

Learn how to teach the basic skills of running, jumping and throwing. Teaching strategies, skill criteria and practice opportunities in the form of circuits, games and a school-wide special event will be shared.

Team Building Activities

Activities to use for your classroom or staff room! Fun activities that teach a little about yourself and a lot about cooperation. This is a hands-on session with the expectation of fun and frolic! A great inservice for a student or staff retreat.

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Skate Canada: Alberta, NWT, Nunavut

This organization has sport outreach clinics and a list of materials and resources.
Contact: Executive Director
Telephone: 780–415–0465
Web Site: www.skateabnwtnun.com

Sport and Recreation Association for the Blind

This association has a public education program that focuses around a blind sport called Goal Ball. There is a manual for teachers explaining the sport, and teachers can borrow Goal Ball equipment.
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–415–0184

Sport Medicine Council of Alberta

The SMCA develops and coordinates programs and services, making sport and recreation activities safer for Albertans—from the prevention of sports injuries to proper injury treatment and the enhancement of performance. The SMCA provides services in the areas of athletic first aid, sport nutrition and drugs in sport. Specific resources include educational courses, speakers, manuals, handouts, videos, first-aid kits and medical supplies.
Courses are offered at locations throughout Alberta; contact the SMCA office for information on hosting a course in your area.
Contact: Sport Medicine Council of Alberta, Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–415–0812 Fax: 780–422–3093
Web Site: www.sportmedicinecouncilofalberta.ca

Athletic and Sports First Aid

Athletic and sports first-aid kits and manuals and first-aid supplies are available, along with taping and strapping workshops.
Courses available include: Athletic First Aid and Taping and Strapping.

Sports Nutrition Manual (2nd Edition)

This manual features 150 pages of the latest sports nutrition information, including everything from basic nutritional concepts to pre-event eating, travelling tips and training diets. The manual also includes information on such things as competition nutrition, ergogenic aids, carbohydrate loading, vegetarian diets, and hydration and sport performance.

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Sprockids – The Two-wheeled Approach to Building Self-esteem
This program focuses on all the positive aspects we hope to instill in young people, and the catalyst is mountain biking. Students will learn bike maintenance, riding techniques and basic riding skills, as well as safety, health, nutrition and fitness. The philosophy is to involve young people in a healthy, lifelong activity, teaching skills and values that will allow them to experience personal success on a variety of levels.
Address: PO Box 1456, Gibsons Landing, BC V0N 1V0
Telephone/Fax: 604–886–0772
Or Cycling BC Telephone: 604–737–3034 Fax: 604–737–3141

Swim Alberta
This association has a book library and a video library, as well as technical training manuals available to public schools.
Contact: Provincial Coach and Director for Swim Alberta
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–415–1780
Web Site: www.swimalberta.ab.ca

Synchro Alberta
This association has a recreational *Star Program Manual* available, as well as *Aqua Fun*, a beginner synchronized swimming manual.
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–415–1789 or 780–453–8618
Web Site: www.synchroalberta.com

Tennis Alberta
This association has lesson plans for elementary aged children and school programs for elementary, junior high school and senior high school levels.
Contact: Technical Director
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–415–1661 Fax: 780–427–0524
Web Site: www.tennisalberta.com

Understanding Movement Content
This resource outlines movement and how to use it creatively in dance and expressive movement activities.
Address: 11320 – 73 Avenue, Edmonton, AB T6G 0C8
Telephone: 780–436–0684 Fax: 780–436–9229

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Wheelchair Sports Alberta
Wheelchair Sports Alberta administers programs such as athlete development, scholarship programs and equipment loans.
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–427–8699 Fax: 780–427–8723
Web Site: www.wheelchair.sport.ab.ca

Yoga Association of Alberta
The YAA is a nonprofit organization that offers yoga activities to the public for the purpose of providing self-development opportunities.
Address: Percy Page Centre, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–427–8776
Web Site: www.yoga.ab.ca

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Section Two: Authorized Resources Overview

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Kindergarten to Grade 6

	Specific Grade(s)	General Outcomes and Curriculum Organizers												Page No.
		Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
		Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community	
Aerobic Dances for Kids	K–3	✓	✓			✓	✓								75
Badminton: Learning Activities for Elementary School: Teacher Handbook	2–6	✓	✓											✓	75
The Biggest Little Games Book Ever! Mini-Series Book 1 Dynamite Dodge Ball Games!	K–6	✓	✓	✓				✓		✓					76
The Biggest Little Games Book Ever! Mini-Series Book 2 A Bucket Full of Ball Games	K–6	✓	✓					✓							76
The Biggest Little Games Book Ever! Mini-Series Book 3 A Barrel Full of Basketball Type Games (Part 1 and Part 2)	K–6	✓	✓					✓		✓					76
The Biggest Little Games Book Ever! For Teachers and Community Leaders Everywhere	1–6	✓	✓				✓	✓		✓					77
The Biggest Little Games Book Ever! Volume II: Games Using Small Equipment	1–6	✓	✓				✓	✓		✓			✓		77
The Creative Dance Keys (Kit)	K–6	✓	✓							✓	✓		✓	✓	80
Fit Kids Classroom Workout	2–6	✓	✓	✓		✓									81
Fitness for Children	1–6	✓	✓	✓			✓			✓	✓		✓	✓	82

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	Specific Grade(s)	General Outcomes and Curriculum Organizers													Page No.
		Activity		Benefits Health			Cooperation				Do it Daily ... for Life				
		Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community	
FUNSICAL FITNESS: Comprehensive Movement and Health Education Experience for Ages 2 3/4ths to 7 5/6ths	K–3	✓	✓	✓				✓			✓				83
Gender Equity Schools Initiative															
Girls and Boys in Elementary Physical Education: Issues and Action	1–6						✓	✓		✓	✓		✓	✓	84
Health: Exercise, Nutrition, and Sleep (3rd Ed.)	K–6			✓		✓							✓		86
Health-related Fitness															
Health-related Fitness for Grades 1 and 2	1–2	✓		✓		✓									86
Health-related Fitness for Grades 3 and 4	3–4	✓		✓		✓									86
Health-related Fitness for Grades 5 and 6	5–6	✓		✓		✓									86
Hip Hop Happy! Adventures in Physical Activity for 3- to 5-Year-Olds	K–3	✓	✓	✓		✓									87
Interdisciplinary Teaching through Physical Education	K–6	✓	✓					✓							88
Moving with a Purpose: Developing Programs for Preschoolers of All Abilities	K	✓	✓								✓				92
Physical Activity Ideas for Action: Elementary Level	K–6	✓	✓	✓			✓								93
Physical Best Activity Guide: Elementary Level	K–5			✓	✓	✓					✓	✓	✓		94

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	Specific Grade(s)	General Outcomes and Curriculum Organizers												Page No.
		Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
		Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community	
Physical Education for Children: Daily Lesson Plans for Elementary School (2nd Ed.)	K–5	✓	✓	✓			✓	✓		✓	✓	✓			94
Curriculum Support Series															
Physical Education K–4: Movement with Meaning	K–4	✓	✓								✓				95
Physical Education Methods for Classroom Teachers	4–6			✓		✓		✓		✓	✓	✓	✓		95
Physical Education Unit Plans															
Physical Education Unit Plans for Preschool–Kindergarten	K	✓	✓	✓	✓										96
Physical Education Unit Plans for Grades 1–2	1–2	✓	✓	✓	✓										96
Physical Education Unit Plans for Grades 3–4	3–4	✓	✓	✓	✓										96
Physical Education Unit Plans for Grades 5–6	5–6	✓	✓	✓	✓										96
Playday! The Manual	K–6	✓	✓				✓	✓		✓	✓		✓		96
Playground Leadership Program															
Playground Leadership Program: Facilitator's Guide	4–6	✓	✓				✓		✓	✓			✓		96
Playground Leadership Program: Leader's Handbook	4–6	✓	✓				✓		✓	✓			✓		97
Ready-to-Use P.E. Activities for Grades K–2	1–2	✓	✓					✓		✓			✓		98

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	Specific Grade(s)	General Outcomes and Curriculum Organizers													Page No.
		Activity		Benefits Health			Cooperation				Do it Daily ... for Life				
		Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community	
Ready-to-Use P.E. Activities for Grades 3–4	3–4	✓	✓					✓		✓			✓		98
Ready-to-Use P.E. Activities for Grades 5–6	5–6	✓	✓					✓		✓			✓		98
School-based Home Developmental P.E. Program: Teacher Guidebook	K–2	✓	✓												101
Skill Development: A Tennis Curriculum for Children Age 5 to 8	1–3	✓	✓				✓	✓		✓	✓	✓	✓	✓	101
Snow Smart															
Alberta Physical Education Grade 6: Alpine Safety for Skiers and Snowboarders	6						✓					✓		✓	101
Be Aware: Ski and Ride with Care	6						✓					✓		✓	101
Safety in Numbers: A Group Leader's Guide to Ski Outings	6						✓					✓		✓	101
Synchronized Ball Skills	K–6	✓	✓						✓	✓					105
Teaching Health-related Exercise at Key Stages 1 and 2	K–6	✓	✓	✓		✓						✓	✓	✓	106
Teaching the Nuts and Bolts of Physical Education: Building Basic Movement Skills	K–6	✓	✓				✓	✓	✓	✓	✓	✓	✓		106
Teaching for Outcomes in Elementary Physical Education: A Guide for Curriculum and Assessment	K–6	✓	✓	✓		✓	✓			✓	✓	✓	✓		107
Teaching Tumbling	K–6	✓	✓	✓						✓	✓	✓		✓	108

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	Specific Grade(s)	General Outcomes and Curriculum Organizers												Page No.
		Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
		Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community	
Up, Down All Around Gymnastics Lesson Plans															
Up, Down All Around Gymnastics (includes Lesson Plans: Series A; Lesson Plans: Series B; Lesson Plans: Series C; Teacher's Guide)	K–6	✓	✓	✓			✓		✓	✓	✓	✓	✓		109
A Western Playday	K–6	✓	✓			✓	✓		✓	✓	✓		✓	✓	110
Win-Win Tag Games: Must-Know Games for Physical Education Teachers and Youth Group Leaders	K–6	✓	✓	✓				✓		✓	✓			✓	110

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Kindergarten to Grade 12

	Specific Grade(s)	General Outcomes and Curriculum Organizers													Page No.
		Activity		Benefits Health			Cooperation				Do it Daily ... for Life				
		Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community	
Active Youth: Ideas for Implementing CDC Physical Activity Promotion Guidelines	K–12					✓	✓					✓	✓	✓	75
Bounceball (Videocassette; Instructor's Handbook)	4–12	✓	✓					✓		✓					77
Building Dances: A Guide to Putting Movements Together (includes Deal-a-Dance Cards)	K–12	✓	✓			✓			✓	✓					77
Canadian Wheelchair Basketball Association's National Teaching Manual	4–12	✓	✓					✓		✓		✓	✓	✓	78
Changing Kids' Games (2nd Ed.)	1–9	✓	✓				✓	✓		✓					78
Cooperative Learning in Physical Education	K–9	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓		80
Fair Play for Kids: A Handbook of Activities for Teaching Fair Play (2nd Ed.)	4–9		✓				✓	✓		✓			✓		81
First Aid: The Vital Link	1–12					✓				✓	✓	✓		✓	81
The First Ultimate Book of Games	4–12	✓	✓				✓	✓		✓	✓				81
Fit-Skip-Ness: The Skipping Challenge	K–9	✓	✓					✓		✓		✓	✓		82
Fitness Education for Children: A Team Approach	K–8	✓	✓	✓		✓							✓		82
Games to Keep Kids Moving: P.E. Activities to Promote Total Participation, Self-esteem, and Fun for Grades 3–8	4–9	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓			83

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	Specific Grade(s)	General Outcomes and Curriculum Organizers												Page No.
		Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
		Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community	
Games for People with Sensory Impairments: Strategies for Including Individuals of All Ages	K–12	✓	✓	✓			✓	✓			✓	✓	✓	✓	84
Get the Edge: Power Skating	4–12	✓	✓												84
Great Gator Games: "With a Kid & a Ball You Can Do it All"	K–9	✓	✓	✓					✓		✓				85
Basic Skills															
Gym Ringette	4–12	✓		✓			✓	✓	✓	✓					85
Gymnastics Fun & Games	K–9	✓	✓	✓					✓			✓			85
Health and Fitness through Physical Education	K–12			✓		✓					✓	✓	✓	✓	86
Inclusive Games	K–7	✓	✓					✓					✓		87
Innovative Games	6–12		✓				✓	✓		✓	✓	✓	✓	✓	87
Lessons from the Heart: Individualizing Physical Education with Heart Rate Monitors	4–12			✓		✓					✓	✓	✓	✓	88
Let's Play Mini-Handball (Video)	4–9	✓	✓					✓		✓				✓	88
Liking the Me I See in the Mirror: An Educational Resource Manual for Teachers on Body Image and Self-esteem	4–12				✓	✓	✓						✓		89
Liking the Me I See in the Mirror: A Family Workbook for Parents and Their Children on Building Body Friendly Homes	4–12				✓	✓	✓						✓		89

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	Specific Grade(s)	General Outcomes and Curriculum Organizers												Page No.
		Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
		Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community	
Mac Portfolio 2.1 (Macintosh Version)	4–9	✓					✓	✓			✓		✓	✓	89
MacVolleyball (Macintosh Version)	4–12	✓	✓							✓	✓		✓		89
Mass Appeal: Activities for Groups of 50 or More	K–7	✓	✓				✓			✓				✓	90
Mega Hoops Resource Kit (with Poster)	3–8	✓	✓				✓	✓		✓		✓		✓	90
Mini-Handball (Red Cover)	4–9	✓	✓					✓		✓					90
Mini-Handball (Yellow Cover)	4–9	✓	✓					✓		✓				✓	90
More Innovative Games	6–12	✓	✓				✓	✓	✓		✓			✓	91
More Team Building Challenges	4–12	✓					✓	✓	✓	✓					91
Moving to Inclusion: Active Living through Physical Education: Maximizing Opportunities for Students with a Disability	1–12	✓	✓					✓		✓	✓	✓	✓	✓	91
Multicultural Folk Dance Treasure Chest															
Multicultural Folk Dance Treasure Chest (Audiocassette Version)	1–12	✓	✓				✓	✓	✓	✓		✓	✓	✓	92
Multicultural Folk Dance Treasure Chest (CD Version)	1–12	✓	✓				✓	✓	✓	✓		✓	✓	✓	92
Multicultural Games	K–9	✓	✓					✓		✓					92
Parachute Games	K–9	✓		✓			✓	✓		✓		✓	✓		93
Physical Education for Children: Daily Plans for Middle School (2nd Ed.)	6–8	✓	✓	✓			✓	✓		✓			✓	✓	95

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	Specific Grade(s)	General Outcomes and Curriculum Organizers												Page No.
		Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
		Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community	
Physical Education: A Positive Place to Learn: Tips for Teachers	K–12						✓	✓			✓	✓	✓	✓	95
Premier's Sport Awards Program															
Badminton	4–9	✓	✓	✓				✓			✓		✓	✓	97
Basketball: Teaching the Basics: Resource Manual	4–9	✓	✓	✓				✓			✓		✓	✓	97
Curling: Teaching the Basics: Resource Manual (©1999)	4–9	✓	✓	✓				✓			✓		✓	✓	97
Field Hockey	4–9	✓	✓	✓				✓			✓		✓	✓	97
Gymnastics: Teaching the Basics: Resource Manual (©1999)	4–9	✓	✓	✓				✓			✓		✓	✓	97
Ice Skating: Teaching the Basics: Resource Manual (©1999)	4–9	✓	✓	✓				✓			✓		✓	✓	97
Orienteering: Teaching the Basics: Resource Manual (©1999)	4–9	✓	✓	✓				✓			✓		✓	✓	97
Soccer: Teaching the Basics: Resource Manual (©1999)	4–9	✓	✓	✓				✓			✓		✓	✓	97
Softball	4–9	✓	✓	✓				✓			✓		✓	✓	97
Track & Field: Teaching the Basics: Resource Manual (©2000)	4–9	✓	✓								✓	✓	✓	✓	97
Volleyball: Teaching the Basics: Resource Manual (©1999)	4–9	✓	✓	✓				✓			✓		✓	✓	97
Professional and Student Portfolios for Physical Education	K–12	✓	✓						✓						98

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	Specific Grade(s)	General Outcomes and Curriculum Organizers													Page No.
		Activity		Benefits Health			Cooperation				Do it Daily ... for Life				
		Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community	
Ready-to-Use Secondary P.E. Activities Program: Lessons, Tournaments & Assessments for Grades 6–12	4–12	✓	✓				✓	✓	✓						99
Rhythmic Activities and Dance	K–9	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		99
Rhythmic Gymnastic School Program Rhythmic Gymnastic School Program: Technique Manual (includes lesson plans); Experiment! Create! Innovate! (Basic Apparatus Technique Video)	4–12	✓	✓								✓	✓			99
Right Fielders Are People Too: An Inclusive Approach to Teaching Middle School Physical Education	4–8	✓	✓	✓			✓	✓		✓		✓	✓	✓	100
Run, Jump, Throw ... and Away We Go! Kindergarten to Grade 12 Teacher Resource	K–12	✓	✓												100
Safety Guidelines for Physical Activity in Alberta Schools	K–12						✓					✓		✓	100
Snow Smart Beating the Odds: Avalanche Search & Rescue	7–12	✓	✓				✓	✓		✓		✓	✓	✓	101
Step Lively! Step Lively! Dances for Schools and Families (includes CD-ROM)	1–10	✓	✓											✓	102
Step Lively 2: Canadian Dance Favourites (includes CD-ROM)	1–10	✓	✓											✓	102

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	Specific Grade(s)	General Outcomes and Curriculum Organizers												Page No.
		Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
		Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community	
Steps to Success Activity Series															
Archery (2nd Ed.)	4–12	✓	✓					✓		✓	✓		✓	✓	103
Bowling (2nd Ed.)	4–12	✓	✓					✓		✓	✓		✓	✓	103
Golf (2nd Ed.)	4–12	✓	✓					✓		✓	✓		✓	✓	103
Ice Skating	4–12	✓	✓					✓		✓	✓		✓	✓	103
Netball	4–12	✓	✓					✓		✓	✓		✓	✓	103
Squash	4–12	✓	✓					✓		✓	✓		✓	✓	103
Swimming (2nd Ed.)	4–12	✓	✓					✓		✓	✓		✓	✓	103
Tennis (2nd Ed.)	4–12	✓	✓					✓		✓	✓		✓	✓	103
Volleyball (2nd Ed.)	4–12	✓	✓					✓		✓	✓		✓	✓	103
Weight Training (2nd Ed.)	4–12	✓	✓					✓		✓	✓		✓	✓	103
Survival Kit for the Introduction of Team Handball	4–12	✓	✓					✓		✓				✓	104
Teaching Children Physical Education: Becoming a Master Teacher (2nd Ed.) (with CD-ROM)	K–12		✓				✓	✓		✓	✓	✓	✓		105
Teaching Middle School Physical Education	4–8	✓	✓	✓			✓	✓		✓	✓				106
Teaching Orienteering (2nd Ed.)	4–12	✓	✓				✓	✓	✓	✓	✓	✓	✓		107
Team Building through Physical Challenges	K–12						✓	✓	✓	✓	✓	✓	✓		108
Team Handball (Promotional Video)	4–12		✓							✓				✓	108

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	Specific Grade(s)	General Outcomes and Curriculum Organizers												Page No.
		Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
		Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community	
Volleyball for Children	4–7	✓	✓				✓			✓					109
Volleyball Technical Posters															
Blocking, Defense, Passing, Serving, Setting, Spiking	4–12	✓	✓							✓			✓		109
The Young Enthusiast															
The Young Baseball Player	4–9	✓	✓	✓			✓	✓		✓		✓		✓	111
The Young Basketball Player	4–9	✓	✓	✓			✓	✓		✓		✓		✓	111
The Young Gymnast	4–9	✓	✓	✓			✓	✓		✓		✓		✓	111
The Young Inline Skater	4–9	✓	✓	✓			✓	✓		✓		✓		✓	111
The Young Martial Arts Enthusiast	4–9	✓	✓	✓			✓	✓		✓		✓		✓	111
The Young Rider	4–9	✓	✓	✓			✓	✓		✓		✓		✓	111
The Young Snowboarder	4–9	✓	✓	✓			✓	✓		✓		✓		✓	111
The Young Swimmer	4–9	✓	✓	✓			✓	✓		✓		✓		✓	111
The Young Tennis Player	4–9	✓	✓	✓			✓	✓		✓		✓		✓	111
The Young Track and Field Athlete	4–9	✓	✓	✓			✓	✓		✓		✓		✓	111

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		General Outcomes and Curriculum Organizers												
		Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
	Specific Grade(s)	Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community	Page No.
Grade 7 to Grade 12															
Basic Skills Video: Volleyball	7–12	✓	✓								✓		✓		75
The Canadian Active Living Challenge: Leader's Resource Tool Kit: Program 4: Ages 15 to 18	10–12												✓	✓	78
Christy Lane Video/Music Series															
Christy Lane's Complete Book of Line Dancing	7–12	✓	✓				✓							✓	79
Christy Lane's Complete Guide to Party Dances (Videocassette)	7–12	✓	✓				✓							✓	79
Christy Lane's Complete Line Dancing Music (Audiocassette)	7–12	✓	✓				✓							✓	79
Christy Lane's Complete Line Dancing Music (CD-ROM)	7–12	✓	✓				✓							✓	79
Christy Lane's Complete Party Dance Music (CD-ROM)	7–12	✓	✓				✓							✓	79
Christy Lane's Learn the Dances of the 50's and 60's (Videocassette)	7–12	✓	✓				✓							✓	79
Christy Lane's Learn the Dances of the 70's (Videocassette)	7–12	✓	✓				✓							✓	79
Christy Lane's Learn the Dances of the 80's (Videocassette)	7–12	✓	✓				✓							✓	79
Christy Lane's Let's Do Ballroom (CD-ROM)	7–12	✓	✓				✓							✓	79

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	Specific Grade(s)	General Outcomes and Curriculum Organizers												Page No.
		Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
		Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community	
Coaching Certification Technical Manual: Level 1 (Archery)	7–12	✓	✓												79
Code of Ethics for Athletes	7–12						✓	✓		✓					79
Dumbbells for Dumbbells: Personal Weight Training Guide	9–12	✓	✓	✓	✓						✓	✓	✓	✓	80
Every Body Is a Somebody: Facilitator's Guide	7–12				✓	✓									80
Fitness Spectrum															
Fitness Aquatics	10–12		✓	✓							✓		✓	✓	83
Fitness Cross-training	10–12		✓	✓							✓		✓	✓	83
Fitness Walking	10–12		✓	✓							✓		✓	✓	83
Great Careers for People Interested in Sports & Fitness	9–12								✓				✓		85
Hockey Coaching: The ABC's of International Hockey: Levels 0–2: Book 1	7–12	✓	✓							✓					87
Learning by Choice in Secondary Physical Education: Creating a Goal-directed Program	7–12		✓								✓		✓		88
PE for You	7–12	✓	✓	✓	✓	✓					✓	✓	✓		93
PE for You: Teacher's Resource Pack	7–12			✓							✓		✓	✓	93
Physical Activity Ideas for Action: Secondary Level	7–12	✓	✓	✓	✓	✓									94

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	Specific Grade(s)	General Outcomes and Curriculum Organizers													Page No.
		Activity		Benefits Health			Cooperation				Do it Daily ... for Life				
		Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community	
Physical Best Activity Guide (Secondary Level)	7–12	✓	✓	✓	✓	✓					✓	✓	✓		94
PRISM: Rhythmic Gymnastics Skill Development Program	7–12	✓	✓								✓		✓	✓	98
Ready-to-Use P.E. Activities for Grades 7–9	7–9	✓	✓					✓		✓			✓		99
Sports First Aid															
Athletic Taping	10–12					✓						✓	✓	✓	102
A Guide to Sport Injuries	10–12					✓						✓	✓	✓	102
Steroid and Body Image Kit	10–12				✓	✓					✓	✓	✓		103
Steroids: Bulking Up Can Kill	10–12			✓	✓	✓	✓		✓	✓		✓		✓	103
Stretching & Flexibility: An Interactive Personal Stretching and Fitness Program: CD-ROM (Windows Version) with Instructor's Manual	7–12			✓		✓					✓	✓	✓	✓	104
Student-Centered Physical Education: Strategies for Developing Middle School Fitness and Skills	7–9	✓	✓	✓	✓	✓	✓	✓	✓	✓					104
Student Leadership Development Guide: Secondary	10–12						✓	✓	✓	✓			✓	✓	104
Swimming and Water Safety	7–12	✓	✓	✓						✓		✓		✓	105
Teaching Sport Concepts and Skills: A Tactical Games Approach	7–12	✓	✓									✓			107

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	Specific Grade(s)	General Outcomes and Curriculum Organizers												Page No.
		Activity		Benefits Health			Cooperation				Do it Daily ... for Life			
		Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community	
The Treasury of Moga Madness: For Youth-by-Youth Active Living Challenges for the Most Outrageous Group Activity	7–12	✓	✓											✓	108
Wrestling: The Original Sport (Video and Curriculum Guide)	7–12	✓	✓					✓				✓			110

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	LRC Order No.:	Est. Cost:
Active Youth: Ideas for Implementing CDC Physical Activity Promotion Guidelines	396136	$19.60

Authorized Teaching Resource

This resource is suitable for administrators, teachers, coaches, parents, community health professionals and volunteers who advocate active living for all ages. The resource provides realistic examples of programs that promote lifelong physical activity. The references are U.S.-based, but can be adapted/applied to Canadian communities.

Author(s): Sammann, P.

Distributor: Human Kinetics; 1607 North Market Street, PO Box 5076, Champaign, IL 61825–5076 USA

Telephone: 800–747–4457; 217–351–5076 **E-mail:** mikeb@hkcanada.com

Aerobic Dances for Kids	395857	$29.75

Authorized Teaching Resource

This CD-ROM and accompanying teacher guide provide dances for young children. The dances begin with warm up style dances that gradually increase pulse rates. Dances can be linked with suggested movement activities or used on their own. A cool down dance is provided. The recording includes music with voice cues and music only.

Author(s): Glass, H.B.; Hallum, R.

Distributor: Educational Activities Inc.; 1937 Grand Avenue, PO Box 87, Baldwin, NY 11510 USA

Telephone: 800–645–3739; 516–223–4666 **E-mail:** astern@edact.com

Badminton: Learning Activities for Elementary School: Teacher Handbook	397275	$46.80

Authorized Teaching Resource

This resource has an in-depth developmental focus on teaching badminton at the elementary level (Grades 2–6). Basic skills, such as court movement, basic stance, footwork and manipulative skills through racquet control and "bird" control are followed by more advanced strategy skills.

Distributor: Badminton Canada; Suite 1401, 85 Albert Street, Ottawa, ON K1P 6A4

Telephone: 613–569–2424 **E-mail:** badminton@badminton.ca

Basic Skills Video: Volleyball	Vendor Direct	

Authorized Teaching Resource

This video demonstrates and details how top level volleyball players execute the basic skills of volleyball: overhand serve, forearm pass, set, spike/attack and block. Skills are broken down and demonstrated by top level provincial players and members of the Canadian national volleyball team.

Distributor: Volleyball Canada; 2, 5510 Canotek Road, Gloucester, ON K1J 9J5

Telephone: 613–748–5681 **E-mail:** info@volleyball.ca

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LRC Order No.: Est. Cost:

The Biggest Little Games Book Ever!: Mini-Series Book 1

Dynamite Dodge Ball Games! 396285 $11.95

Authorized Teaching Resource

This resource presents a variety of dodge ball games. The partner, small group and large group games are presented in a logical progression that allows Kindergarten to Grade 6 to participate. Fair play and teamwork are emphasized. Strategies for modifying games for people with disabilities would be a positive addition to this resource.

Author(s): Brewer, J.

Distributor: Creative Network; Box 10, Aldersyde, AB T0L 0A0

Telephone: 403–938–7296

The Biggest Little Games Book Ever!: Mini-Series Book 2

A Bucket Full of Ball Games 396293 $15.55

Authorized Teaching Resource

This resource includes over 70 games, using balls to include the elements of chasing and fleeing, bouncing, throwing, catching and batting skills. Variations to equipment and the environment are included. Games are easy to teach and well supported with teaching strategies for skill development of students with varying abilities.

Author(s): Brewer, J.

Distributor: Creative Network; Box 10, Aldersyde, AB T0L 0A0

Telephone: 403–938–7296

The Biggest Little Games Book Ever!: Mini-Series Book 3

A Barrel Full of Basketball Type Games (Part 1 and Part 2) 396300 $19.40

Authorized Teaching Resource

This resource provides activities for the teaching of basic basketball skills. The book is organized into a series of tasks and consolidating games that include use of space footwork, body work, dribbling, passing and receiving, shooting, offensive and defensive play, and additional games. Also included are helpful suggestions for behaviour management, positive attitudes and good sportsmanship in the gym. This resource could have been made more inclusive if it had stated that games could be altered for the disabled student.

Author(s): Brewer, J.

Distributor: Creative Network; Box 10, Aldersyde, AB T0L 0A0

Telephone: 403–938–7296

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	LRC Order No.:	Est. Cost:
The Biggest Little Games Book Ever! For Teachers and Community Leaders Everywhere	261652	$23.35

Authorized Teaching Resource

Author(s): Brewer, J.

Distributor: Creative Network; Box 10, Aldersyde, AB T0L 0A0

Telephone: 403–938–7296

The Biggest Little Games Book Ever! Volume II: Games Using Small Equipment	339409	$23.35

Authorized Teaching Resource

This book is intended for the instruction of beginners and is divided into eight sections: beanbags, hoops, balls using hands, balls using feet, sticks and pucks, scoops, paddle bats and racquets, jump ropes. Laid out in tasks, the step-by-step commands take players from the very basic to a fairly sophisticated level of skill. The resource is intended to help teachers use small equipment as a learning device. This book also provides new ideas for teachers to add to their repertoire.

Author(s): Brewer, J.

Distributor: Creative Network; Box 10, Aldersyde, AB T0L 0A0

Telephone: 403–938–7296

Bounceball (Videocassette; Instructor's Handbook)	398629	$29.25

Authorized Teaching Resource

Bounceball is a new game that encourages teamwork and cooperation between three or more teams playing at the same time. It requires a minimum of skills and encourages a high level of participation. The instructor's handbook and videocassette provide an outline for a 7-day unit.

Author(s): Therrien, C.

Distributor: Bounceball Sports; 120, 1140 Castle Crescent, Port Coquitlam, BC V3C 5M2

Telephone: 604–552–1104

Building Dances: A Guide to Putting Movements Together (includes Deal-a-Dance Cards)	396144	$39.25

Authorized Teaching Resource

This book provides ideas and tools for creating and choreographing dances. This is a "how-to" book that introduces, develops and assesses the basics of choreography from Kindergarten to Grade 12. The book includes sample lesson plans, organization of movements, individualizing dances, assessment forms and a glossary of dance terms. The resource also includes 112 deal-a-dance cards that provide movement examples for students to experience.

Author(s): McGreevy-Nichols, S.; Scheff, H.

Distributor: Human Kinetics; 1607 North Market Street, PO Box 5076, Champaign, IL 61825–5076 USA

Telephone: 800–747–4457; 217–351–5076 **E-mail:** mikeb@hkcanada.com

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	LRC Order No.:	Est. Cost:
The Canadian Active Living Challenge: Leader's Resource Tool Kit: Program 4: Ages 15 to 18	408931	$34.80

Authorized Teaching Resource

This resource serves to provide students, teachers and community activity leaders with information, ideas and templates for attention to active living. The materials provided allow the stakeholders to plan, carry out and reflect an active living focus as part of their programs.

Distributor: Canadian Intramural Recreation Association (CIRA) / Association Canadienne de Loisirs Intramuros (ACLI); 740–B rue Belfast Road, Ottawa, ON K1G 0Z5

Telephone: 613–244–1594 **E-mail:** cira@intramurals.ca

Canadian Wheelchair Basketball Association's National Teaching Manual	408460	$12.00

Authorized Teaching Resource

This is a resource for anyone wishing to introduce or include wheelchair basketball into a physical education program. Text and diagrams outline teaching tips and drills for the skills and strategies required for this activity.

Distributor: Canadian Wheelchair Basketball Association (CWBA) / Association canadienne de basketball en fauteuil roulant (l'ACBFR); Suite 402, 2781 Lancaster Road, Ottawa, ON K1B 1A7

Telephone: 613–260–1296 **E-mail:** wendy@cwba.ca

Changing Kids' Games (2nd Ed.)	428294	$23.85

Authorized Teaching Resource

This resource is useful to the new teacher who wishes ideas for curriculum development, or the experienced teacher, who would like to modify games for a variety of reasons. It is user-friendly and allows for integration with other subject areas.

Author(s): Morris, G.S.D.; Stiehl, J.

Distributor: Human Kinetics Canada; Unit 100, 475 Devonshire Road, Windsor, ON N8Y 2L5

Telephone: 800–465–7301; 519–971–9500 **E-mail:** hack@mnsi.net

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	LRC Order No.:	Est. Cost:
Christy Lane Video/Music Series		
• Christy Lane's Complete Book of Line Dancing	398554	$21.50
• Christy Lane's Complete Guide to Party Dances (Videocassette)	398489	$42.05
• Christy Lane's Complete Line Dancing Music (Audiocassette)	398538	$28.05
• Christy Lane's Complete Line Dancing Music (CD-ROM)	398520	$28.05
• Christy Lane's Complete Party Dance Music (CD-ROM)	398504	$28.05
• Christy Lane's Learn the Dances of the 50's and 60's (Videocassette)	398455	$28.05
• Christy Lane's Learn the Dances of the 70's (Videocassette)	398463	$28.05
• Christy Lane's Learn the Dances of the 80's (Videocassette)	398471	$28.05
• Christy Lane's Let's Do Ballroom (CD-ROM)	398512	$28.05

Authorized Teaching Resource

These resources include either an instruction manual, CD-ROM, videocassette or audiocassette for different types of dance, and teaching cues are included.

Author(s): Lane, C.

Distributor: Human Kinetics; 1607 North Market Street, PO Box 5076, Champaign, IL 61825–5076 USA

Telephone: 800–747–4457; 217–351–5076 **E-mail:** mikeb@hkcanada.com

Coaching Certification Technical Manual: Level 1 (Archery) — 408197 — $35.05

Authorized Teaching Resource

This manual provides the teacher/coach with the fundamental knowledge and information about teaching basic archery skills to beginning archers. It includes a section for archers with physical and developmental disabilities.

Distributor: Federation of Canadian Archers; 2460 Lancaster Road, Ottawa, ON K1B 5N4

Telephone: 613–260–2113 **E-mail:** fca@cyberus.ca

Code of Ethics for Athletes — 405333 (10-pack) — $4.50

Support Resource

This resource helps to build a sense of fair play and cooperation for activities in physical education.

Distributor: Canadian Center for Ethics in Sport (CCES) / Centre canadien pour l'éthique dans le sport (CCES); Suite 300, 2197 Riverside Drive, Ottawa, ON K1H 7X3

Telephone: 800–672–7775; 613–521–3340 **E-mail:** info@cces.ca

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LRC Order No.: Est. Cost:

Cooperative Learning in Physical Education 396201 $22.40

Authorized Teaching Resource

This resource assists Kindergarten to Grade 9 teachers in setting up a quality physical education program that is based on cooperative learning. Basic skills are taught and applied in games, dance and gymnastics. The activities are suited to students in Kindergarten to Grade 6. Teachers of Grade 7 to Grade 9 could easily adapt the activities to their grade level.

Author(s): Grineski, S.

Distributor: Human Kinetics; 1607 North Market Street, PO Box 5076, Champaign, IL 61825–5076 USA

Telephone: 800–747–4457; 217–351–5076 **E-mail:** mikeb@hkcanada.com

The Creative Dance Keys (Kit) 397382 $350.70

Authorized Teaching Resource

This kit includes numerous components, such as planning guides, a videocassette, CD-ROMs, an audiocassette and more. Materials are provided to assist teachers with ideas and specific instructions for creative dances. Materials are also included to enable students to create their own dances.

Author(s): Rubin, L.D.

Distributor: Synergy Movement Workshops Inc.; 13903 – 48 Avenue, Edmonton, AB T6H 0G1

Telephone: 780–437–1156

Dumbbells for Dumbbells: Personal Weight Training Guide 395253 $17.55

Authorized Teaching Resource

This resource provides an introduction to strength and weight training and can be used with classes or individuals. It provides easy-to-follow exercises and charts for understanding muscle groups and includes the benefits for all who choose strength training.

Author(s): Muise, J.

Distributor: Serious Fun Enterprises; 20 Fulton Avenue, Ottawa, ON K1S 4Y6

Telephone: 888–332–4223; 613–730–0097 **E-mail:** fun@seriousfun.ca

Every Body Is a Somebody: Facilitator's Guide 454257 $37.45

Authorized Teaching Resource

This Canadian resource provides information and strategies on ways to promote positive body image among teen girls. This resource responds to the need for information relative to the prevention, education and treatment of eating disorders. The following topics are included in the guide: media, family, friends, self-esteem, dieting, healthy eating and an active lifestyle, stress management, and relationships.

Author(s): Seaver, A. et al.

Distributor: Calgary Regional Health Authority (CRHA) – Body Images Project; Suite 420, 301 – 14 Street NW, Calgary, AB T2N 2A1

Telephone: 403–297–5416 **E-mail:** Sabine.Ryder@amhb.ab.ca

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LRC Order No.: Est. Cost:

Fair Play for Kids: A Handbook of Activities for Teaching Fair Play (2nd Ed.) 394651 $23.35

Authorized Teaching Resource

This resource assists with achieving the specific outcomes that are addressed in General Outcome C. There are a variety of activities from small group to team that develop fair play and cooperative behaviour. This resource also encourages students to take action to implement the principles of fair play. There are numerous opportunities for students to use decision-making, goal-setting and problem-solving skills.

Author(s): Binder, D. (ed.)

Distributor: Canadian Center for Ethics in Sport (CCES) / Centre canadien pour l'éthique dans le sport (CCES); Suite 300, 2197 Riverside Drive, Ottawa, ON K1H 7X3

Telephone: 800–672–7775; 613–521–3340 **E-mail:** info@cces.ca

First Aid: The Vital Link 284604 $18.70

Authorized Teaching Resource

This resource replaces the *First Aid Manual (18th Ed.)* of the Canadian Red Cross Society and is a useful reference for teachers to use for instructional activities and in emergency situations. Topics include: emergency action principles, airway, breathing and cardiovascular emergencies, head and spine, musculoskeletal and soft tissue injuries, sudden medical conditions and poisons. Step-by-step procedures with illustrations are included.

Distributor: The Canadian Red Cross Society; 85 Plymouth Street, Ottawa, ON K1S 3E2

Telephone: 613–560–7440

The First Ultimate Book of Games 436057 $25.15

Authorized Teaching Resource

A collection of varied games that could be used for general and skill-specific warm up activities or in a low organization games unit.

Author(s): Brawn, K.; Ball, N.

Distributor: Concepts Inc.; Box 702, Onoway, AB T0E 1V0

Telephone: 780–967–4810 **E-mail:** conceptsinc@yahoo.com

Fit Kids Classroom Workout Vendor Direct

Support Resource

This program includes four 5-minute workouts and two 10-minute workouts that could be carried out in a gymnasium or in a classroom. A demonstration is performed by a teacher and six students. Brief health messages follow each of the workouts. An outline accompanies the video.

Distributor: Human Kinetics Canada; Unit 100, 475 Devonshire Road, Windsor, ON N8Y 2L5

Telephone: 800–465–7301; 519–971–9500 **E-mail:** hack@mnsi.net

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	LRC Order No.:	Est. Cost:
Fit-Skip-Ness: The Skipping Challenge	395120	$15.15

Authorized Teaching Resource

This resource provides the materials to teach basic and advanced skills successfully in both single rope and double Dutch skipping. It includes certificates of achievement that can be reproduced and awarded. Safety is noted as being an important consideration.

Author(s): Kalbfleisch, S.E.

Distributor: ATEC Marketing Limited; 130 Longfield Crescent, Ancaster, ON L9G 3N7

Telephone: 905–648–0178 **E-mail:** info@jumprope.com

Fitness for Children	396186	$22.40

Authorized Teaching Resource

A book of 45 activities and strategies that provide a variety of practical ideas to keep students moving, thinking and acquiring the skills for active living, both inside the gym and into the community.

Author(s): Hinson, C.

Distributor: Human Kinetics; 1607 North Market Street, PO Box 5076, Champaign, IL 61825–5076 USA

Telephone: 800–747–4457; 217–351–5076 **E-mail:** mikeb@hkcanada.com

Fitness Education for Children: A Team Approach	396219	$36.45

Authorized Teaching Resource

This resource is a comprehensive look at promoting active living for elementary and junior high school aged children. It emphasizes the need to develop healthy lifestyles, involving a coordinated effort from parents, community members, classroom teachers and the entire school staff. It is loaded with ready-to-use information and will assist in planning and implementing a fitness education program in school for all students at varied ability levels.

Author(s): Virgilio, S.J.

Distributor: Human Kinetics; 1607 North Market Street, PO Box 5076, Champaign, IL 61825–5076 USA

Telephone: 800–747–4457; 217–351–5076 **E-mail:** mikeb@hkcanada.com

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	LRC Order No.:	Est. Cost:

Fitness Spectrum

• **Fitness Aquatics**	397580	$20.55
• **Fitness Cross-training**	397598	$18.70
• **Fitness Walking**	397605	$20.55

Authorized Teaching Resource

This set of resources emphasizes the individual development of physical and mental fitness in aquatics, cross-training and walking. It can be used by all ages, geared toward Grade 7 and up. Each book has some cross-reference to the others.

Author(s): Case, L. (Fitness Aquatics)
Yacenda, J. (Fitness Cross-Training)
Iknoian, T. (Fitness Walking)

Distributor: Human Kinetics; 1607 North Market Street, PO Box 5076, Champaign, IL 61825–5076 USA
Telephone: 800–747–4457; 217–351–5076 **E-mail:** mikeb@hkcanada.com

FUNSICAL FITNESS: Comprehensive Movement and Health Education Experience for Ages 2 3/4ths to 7 5/6ths 395138 $33.85

Authorized Teaching Resource

This teacher's guide presents lessons and handouts to enhance children's physical and social skills. The activities do not require equipment. The focus is on movement and attitudes. Lessons are written to be used in early childhood classrooms.

Author(s): Liebler, S.

Distributor: Front Row Experience; 540 Discovery Bay Boulevard, Discovery Bay, CA 94514 USA
Telephone: 800–524–9091; 925–634–5710 **E-mail:** service@frontrowexperience.com

Games to Keep Kids Moving: P.E. Activities to Promote Total Participation, Self-esteem, and Fun for Grades 3–8 395097 $50.80

Authorized Teaching Resource

This resource promotes a highly active participatory physical education class, with emphasis on cooperative behaviour and the development of self-esteem. There are low organizational games with little equipment as well as more highly organized games with a lot of equipment. Some games are intended to develop individual basic locomotor skills and some are intended to develop skills and movement specific to a team sport. The author provides useful tips to ensure safety.

Author(s): Dieden, D.

Distributor: Pearson Education Canada; 26 Prince Andrew Place, Don Mills, ON M3C 2T8
Telephone: (800) 361–6128; 416–447–5101

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LRC Order No.: Est. Cost:

Games for People with Sensory Impairments: Strategies for Including Individuals of All Ages 396160 $22.95

Authorized Teaching Resource

This resource contains 70 ready-to-use games and activities for students with visual or auditory impairments. Part One of the book focuses on program adaptation and instructional strategies for successful participation by all students. Part Two provides the games with common adaptation and description.

Author(s): Lieberman, L.J.; Cowart, J.F.

Distributor: Human Kinetics; 1607 North Market Street, PO Box 5076, Champaign, IL 61825–5076 USA

Telephone: 800–747–4457; 217–351–5076 **E-mail:** mikeb@hkcanada.com

Get the Edge: Power Skating 396152 $17.75

Authorized Teaching Resource

This resource provides an introduction to the concept of power skating and covers essential skills, such as balance, agility, flexibility, timing, control and endurance. It also contains diagrams and drills for all levels using a hockey or ringette stick or no stick.

Author(s): Bakewell, A.

Distributor: Raincoast Books; 9050 Shaughnessy Street, Vancouver, BC V6P 6E5

Telephone: 604–323–7100 **E-mail:** info@raincoast.com

Gender Equity Schools Initiative

Girls and Boys in Elementary Physical Education: Issues and Action 455932 $17.50

Authorized Teaching Resource

This resource provides practical information and solutions to elementary teachers to increase equitable student participation and success in their physical education classes. It includes frequently asked questions and/or perceptions regarding participation in physical education classes. Scenarios, arising issues, teacher actions and student activities are presented to assist with a focus on social responsibility, cooperative learning and personal development.

Author(s): Gibbons, S. et al

Distributor: Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD), National Office; 403, 2197 Riverside Drive, Ottawa, ON K1H 7X3

Telephone: 800–663–8708; 613–523–1348 **E-mail:** cahperd@activeliving.ca

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LRC Order No.: Est. Cost:

Great Careers for People Interested in Sports & Fitness 410564 $14.55

Support Resource

This resource is an excellent motivator for secondary students. It outlines ten sport- and fitness-related careers in a clear and concise manner. In addition to information about each career, related work is also mentioned.

Author(s): Edwards, L.

Distributor: WEIGL Educational Publishers Limited; 6325 – 10 Street SE, Calgary, AB T2H 2Z9

Telephone: 800–668–0766; 403–233–7747 **E-mail:** calgary@weigl.com

Great Gator Games: "With a Kid & a Ball You Can Do it All" 395162 $23.40

Authorized Teaching Resource

This resource features activities involving Gator Skin Balls. It offers a wide variety of games that could be used in intramural programs, physical education classes and on the playground. The activities have been indexed by type and skill. The resource does not require gator skin balls as regular balls could also be used.

Distributor: Canadian Intramural Recreation Association (CIRA) / Association Canadienne de Loisirs Intramuros (ACLI); 740–B rue Belfast Road, Ottawa, ON K1G 0Z5

Telephone: 613–244–1594 **E-mail:** cira@intramurals.ca

Basic Skills

Gym Ringette 394940 $10.25

Authorized Teaching Resource

This resource gives physical education teachers a concise and easy way to implement the game of gym ringette. It can be used by those who may not be familiar with the sport. The book contains the basic concepts of gym ringette, teaching points and progressions, skill development, team strategies and social relationships with others.

Author(s): Veale, B.; Anderson, L.

Distributor: Ringette Alberta; Percy Page Building, 11759 Groat Road, Edmonton, AB T5M 3K6

Telephone: 780–453–8537

Gymnastics Fun & Games 396227 $20.55

Authorized Teaching Resource

A collection of games for all students that emphasize movement levels in safe environments under controlled conditions. Quick reference sections and well thought out games make this a good supplementary resource for any type of gymnastics program for children.

Author(s): Hacker, P.; Malmberg, E.; Nance, J.

Distributor: Human Kinetics; 1607 North Market Street, PO Box 5076, Champaign, IL 61825–5076 USA

Telephone: 800–747–4457; 217–351–5076 **E-mail:** mikeb@hkcanada.com

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	LRC Order No.:	Est. Cost:
Health: Exercise, Nutrition, and Sleep (3rd Ed.)	398645	$70.10

Authorized Teaching Resource

This resource addresses exercise, proper nutrition and rest. Questions are provided for pre- and post-viewing; as well, discussion topics and activities are suggested for follow-up. Elementary age students present the concepts in an easy to follow format.

Distributor: Canadian Learning Company Inc.; 95 Vansittart Avenue, Woodstock, ON N4S 6E3
Telephone: 800–267–2977; 519–537–2360 **E-mail:** info@canlearn.com

Health and Fitness through Physical Education	410340	$40.70

Authorized Teaching Resource

This manual provides teachers with information about the necessity of inclusive physical education for all students of all ages and stages of development. This information would be useful in the development of knowledge and attitudes necessary to lead an active, healthy lifestyle.

Author(s): Pate, R. (ed.)
Distributor: Human Kinetics Canada; Unit 100, 475 Devonshire Road, Windsor, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** hack@mnsi.net

Health-related Fitness

• **Health-related Fitness for Grades 1 and 2**	395914	$23.85
• **Health-related Fitness for Grades 3 and 4**	395922	$23.85
• **Health-related Fitness for Grades 5 and 6**	395930	$25.20

Authorized Teaching Resource

This teacher-friendly resource is available in three books: Grades 1 and 2, Grades 3 and 4, and Grades 5 and 6. Each book provides grade appropriate, cross-curricular lessons and activities related to nutrition and cardiovascular health. Teachers can meet multiple teaching objectives by using this resource. Ideas for assessment are also provided.

Author(s): Hopper, C.; Fisher, B.; Munoz, K.D.
Distributor: Human Kinetics; 1607 North Market Street, PO Box 5076, Champaign, IL 61825–5076 USA
Telephone: 800–747–4457; 217–351–5076 **E-mail:** mikeb@hkcanada.com

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LRC Order No.: Est. Cost:

Hip Hop Happy! Adventures in Physical Activity for 3- to 5-Year-Olds 395104 $17.55

Authorized Teaching Resource

This resource is primarily for Kindergarten and Grade 1 teachers. It recognizes the important components in a successful physical education program and presents them through a variety of individual, partner and small group activities. The activities are developmentally sensitive and require low organization with basic or no equipment. Sample lesson plans are included.

Author(s): Campbell, M.

Distributor: Serious Fun Enterprises; 20 Fulton Avenue, Ottawa, ON K1S 4Y6

Telephone: 888–332–4223; 613–730–0097 **E-mail:** fun@seriousfun.ca

Hockey Coaching: The ABC's of International Hockey: Levels 0–2: Book 1 394776 $18.70

Authorized Teaching Resource

This resource will supplement ice rink activities with the presentation of hockey drills and games suitable to the beginning participant. These activities have application at the junior high and senior high school levels. The focus of this resource is to present enjoyable skill-building experiences for the participants and to satisfy concepts in General Outcome A.

Author(s): Wahlsten, J.; Molloy, T.

Distributor: Centax Book and Distribution; 1212 K Winnipeg Street, Regina, SK S4R 1J6

Telephone: 800–667–5595; 306–525–2304 **E-mail:** centax@printwest.com

Inclusive Games 396235 $20.55

Authorized Teaching Resource

This is a book of movement activities and initiatives. It introduces the principles of activity selection and modification so that children of all capabilities can practise, play and improve their physical activity skills together. The book shows how modifications can be made to an activity as well as variations to the game that increase or decrease the difficulty level. The book also details how teachers can modify activities themselves.

Author(s): Kasser, S.L.

Distributor: Human Kinetics; 1607 North Market Street, PO Box 5076, Champaign, IL 61825–5076 USA

Telephone: 800–747–4457; 217–351–5076 **E-mail:** mikeb@hkcanada.com

Innovative Games 410324 $25.25

Authorized Teaching Resource

This resource blends the knowledge and skills required for traditional games to develop new innovative activities. Each activity has an outcomes (objectives) section, drills, diagrams and court designs, where applicable.

Author(s): Lichtman, B.

Distributor: Human Kinetics Canada; Unit 100, 475 Devonshire Road, Windsor, ON N8Y 2L5

Telephone: 800–465–7301; 519–971–9500 **E-mail:** hack@mnsi.net

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	LRC Order No.:	Est. Cost:

Interdisciplinary Teaching through Physical Education 428301 $37.45

Authorized Teaching Resource

This resource provides numerous ideas of how to create a learning environment in which children could be actually engaged in learning experiences. Practical tools, to link physical education with other Kindergarten to Grade 3 curriculum areas, are included.

Author(s): Cone, T. et al.

Distributor: Human Kinetics Canada; Unit 100, 475 Devonshire Road, Windsor, ON N8Y 2L5

Telephone: 800–465–7301; 519–971–9500 **E-mail:** hack@mnsi.net

Learning by Choice in Secondary Physical Education: Creating a Goal-Directed Program 456302 $43.50

Authorized Teaching Resource

This Canadian resource focuses on student selection in physical education. Part 1 explains how the goal-directed program works and details curriculum, teaching and assessment techniques. Part 2 provides the materials for developing your own program.

Author(s): Kaardal, K.

Distributor: Human Kinetics Canada; Unit 100, 475 Devonshire Road, Windsor, ON N8Y 2L5

Telephone: 800–465–7301; 519–971–9500 **E-mail:** hack@mnsi.net

Lessons from the Heart: Individualizing Physical Education with Heart Rate Monitors 437849 $26.25

Authorized Teaching Resource

This resource provides teachers with information and activities to educate and motivate students regarding fitness through a more individualized program. Safety, assessment, curricular integration and the use of technology are considerations in this manual.

Author(s): Kirkpatrick, B.; Birnbaum, B.

Distributor: Human Kinetics Canada; Unit 100, 475 Devonshire Road, Windsor, ON N8Y 2L5

Telephone: 800–465–7301; 519–971–9500 **E-mail:** hack@mnsi.net

Let's Play Mini-Handball (Video) Vendor Direct

Authorized Teaching Resource

This resource provides practical applications and recommendations for teaching mini-handball with children. It gives rules and activities in context to the game, and adaptations for use in a gym with many students. Diagrams supplement the text.

Author(s): Canadian Team Handball Federation

Distributor: Alberta Team Handball Federation; Percy Page Building, 11759 Groat Road, Edmonton, AB T5M 3K6

Telephone: 780–415–2666

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	LRC Order No.:	Est. Cost:

Liking the Me I See in the Mirror

• **Liking the Me I See in the Mirror: A Family Workbook for Parents and Their Children on Building Body Friendly Homes**	458150	$10.00
• **Liking the Me I See in the Mirror: An Educational Resource Manual for Teachers on Body Image and Self-esteem**	458142	$40.95

Authorized Teaching Resource

The focus of these resources is on body image education. The interactive student activities and handouts are attempts to help individuals improve their body image in order to prevent the development of an eating disorder.

Author(s): Hare, S.; Drummond, D.

Distributor: Alberta Mental Health Board, Eating Disorder Promotion and Prevention Specialist; Grey Nuns Community Hospital, 9230, 1100 Youville Drive West, Edmonton, AB T6L 5X8

Telephone: 780–450–7613 **E-mail:** ddrummon@cha.ab.ca

Mac Portfolio 2.1 (Macintosh Version) 407602 $198.90

Support Resource

This electronic portfolio disk is centered around eight subdisciplines of physical education—exercise physiology, motor learning, biomechanics, psychology, motor development, aesthetics, sociology, and historical perspectives. Students can create rubrics, video clips, fitness scores and enter journal comments. Teachers can use the rubrics along with students for assessment purposes.

Author(s): Mohnsen, B.

Distributor: Bonnie's Fitware; 18832 Stefani Avenue, Cerritos, CA 90703 USA

Telephone: 562–924–0835

MacVolleyball (Macintosh Version) 407610 $198.90

Support Resource

This program relates each of eight subdisciplines of physical education—exercise physiology, motor learning, biomechanics, psychology, motor development, aesthetics, sociology, and historical perspectives—to the teaching of volleyball. Teachers and students can access and interact with the information to increase their understanding of volleyball skills, techniques, strategies, training and teamwork. Students can create their own volleyball portfolios that contain journal entries, interactive activities, rubrics and video clips.

Author(s): Mohnsen, B.

Distributor: Bonnie's Fitware; 18832 Stefani Avenue, Cerritos, CA 90703 USA

Telephone: 562–924–0835

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LRC Order No.: Est. Cost:

Mass Appeal: Activities for Groups of 50 or More 395154 $23.40

Authorized Teaching Resource

This is a user-friendly guide for large diverse groups, involving activities that can be used inside or outside a gym or classroom. It covers a wide variety of activities that target Kindergarten to Grade 7 students. Teachers may need to adapt some of the activities for students with disabilities.

Author(s): Doyle, P.

Distributor: Canadian Intramural Recreation Association (CIRA) / Association Canadienne de Loisirs Intramuros (ACLI); 740–B rue Belfast Road, Ottawa, ON K1G 0Z5

Telephone: 613–244–1594 **E-mail:** cira@intramurals.ca

Mega Hoops Resource Kit (with Poster) 398611 $58.45

Authorized Teaching Resource

This program provides basketball teaching guides and resource material for the introduction of basketball in Grades 3 to 8. The major emphasis is on having fun while learning the basic skills of basketball. While this resource focuses on the Ontario outcomes of movement skills, movement principles and social skills, much of the information is applicable to the Alberta outcomes, particularly those of basic skills and positive interaction.

Distributor: Basketball Ontario; 409, 1185 Eglinton Avenue East, Toronto, ON M3C 3C6

Telephone: 416–426–7200

Mini-Handball (Red Cover) Vendor Direct

Authorized Teaching Resource

This resource is an introduction to mini-handball activities. It provides practical applications for teaching at various levels, as well as in different situations. Three characters introduce the game and rules.

Distributor: Alberta Team Handball Federation; Percy Page Building, 11759 Groat Road, Edmonton, AB T5M 3K6

Telephone: 780–415–2666

Mini-Handball (Yellow Cover) Vendor Direct

Authorized Teaching Resource

This resource provides practical applications and recommendations for teaching mini-handball with children. It gives rules and activities in context to the game, and adaptations for use in a gym with many students. Diagrams supplement the text.

Author(s): Canadian Team Handball Federation

Distributor: Alberta Team Handball Federation; Percy Page Building, 11759 Groat Road, Edmonton, AB T5M 3K6

Telephone: 780–415–2666

© Alberta Learning, Alberta, Canada

LRC Order No.: Est. Cost:

More Innovative Games 410332 $25.25

Authorized Teaching Resource

This resource provides teachers with ideas to enhance their physical education programs. It focuses on developing positive attitudes about physical activity, and fosters the desire to participate and be actively engaged.

Author(s): Lichtman, B.

Distributor: Human Kinetics Canada; Unit 100, 475 Devonshire Road, Windsor, ON N8Y 2L5

Telephone: 800–465–7301; 519–971–9500 **E-mail:** hack@mnsi.net

More Team Building Challenges 395790 $19.60

Authorized Teaching Resource

This resource gives the teacher strategies and techniques, with cooperative behaviour or teamwork as the focus, and incorporates problem-solving activities. This book addresses easy-to-use introductory, intermediate and advanced team building challenges to meet the needs of all participants, and to promote tolerance and understanding of others.

Author(s): Midura, D.W.; Glover, D.R.

Distributor: Human Kinetics; 1607 North Market Street, PO Box 5076, Champaign, IL 61825–5076 USA

Telephone: 800–747–4457; 217–351–5076 **E-mail:** mikeb@hkcanada.com

Moving to Inclusion: Active Living through Physical Education: Maximizing Opportunities for Students with a Disability Vendor Direct

Authorized Teaching Resource

Moving to Inclusion is part of the Canadian Government's five-year National Integration Strategy to further facilitate the inclusion of people with disabilities into society. The purpose of this initiative is to help teachers include students with disabilities in the physical education class. The booklets are: introduction, amputation, deaf or hard of hearing, cerebral palsy, llectual disability, multiple disabilities, skiing, visual impairment and wheelchair.

Distributor: Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD), National Office; 403, 2197 Riverside Drive, Ottawa, ON K1H 7X3

Telephone: 800–663–8708; 613–523–1348 **E-mail:** cahperd@activeliving.ca

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	LRC Order No.:	Est. Cost:
Moving with a Purpose: Developing Programs for Preschoolers of All Abilities	456336	$30.85

Authorized Teaching Resource

This resource includes information on the "why," "how" and "what" to teach of movement programs. A child-centered teaching approach is suggested and includes observation tips and samples of basic movement skills. Numerous games and activities are outlined in some detail, and a section of this resource features information and strategies, and activities for students with special needs.

Author(s): McCall, R.; Craft, D.

Distributor: Human Kinetics Canada; Unit 100, 475 Devonshire Road, Windsor, ON N8Y 2L5

Telephone: 800–465–7301; 519–971–9500 **E-mail:** hack@mnsi.net

Multicultural Folk Dance Treasure Chest

• **Multicultural Folk Dance Treasure Chest (Audiocassette Version)**	397823	$133.30
• **Multicultural Folk Dance Treasure Chest (CD Version)**	397556	$133.30

Authorized Teaching Resource

This resource is used for teaching folk dance to Grade 1 through Grade 12 students. The booklets feature information about each country and directions for teaching the dances. An audiocassette of music is included, as is a videocassette showing an expert teaching each dance. The package includes a mix of cultural diversity and samples for different levels. Skill progressions and modifications are noted throughout.

Author(s): Lane, C.; Langhout, S.

Distributor: Human Kinetics; 1607 North Market Street, PO Box 5076, Champaign, IL 61825–5076 USA

Telephone: 800–747–4457; 217–351–5076 **E-mail:** mikeb@hkcanada.com

Multicultural Games	410283	$20.55

Authorized Teaching Resource

This resource is a collection of games from around the world that can be used in a games unit. Emphasis is on participation and variety. The resource would enhance a games program and addresses all ethnic groups.

Author(s): Barbarash, L.

Distributor: Human Kinetics; 1607 North Market Street, PO Box 5076, Champaign, IL 61825–5076 USA

Telephone: 800–747–4457; 217–351–5076 **E-mail:** mikeb@hkcanada.com

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LRC Order No.: Est. Cost:

Parachute Games 396243 $20.55

Authorized Teaching Resource

This resource contains 60 parachute games that are new, innovative and exciting. The reader can learn the actual games, as well as how to adapt them to any fitness level, how to address social skills learning and safety issues, and how to use this low-cost activity to enhance the fun in a physical education program.

Author(s): Strong, T.; LeFevre, D.

Distributor: Human Kinetics; 1607 North Market Street, PO Box 5076, Champaign, IL 61825–5076 USA

Telephone: 800–747–4457; 217–351–5076 **E-mail:** mikeb@hkcanada.com

PE for You 394445 $40.85

Support Resource

This resource contains an overview of the physical and mental skills and challenges required to meet many of the goals in the areas of sport and fitness. The book covers a wide variety of topics complimented by colourful pictures and graphs. Topics included are: anatomy and physiology, factors affecting performance, health-related fitness, and issues in physical education and sport.

Author(s): Honeybourne, J.; et al.

Distributor: Bacon & Hughes Limited; Unit 30, 81 Auriga Drive, Nepean, ON K2E 7Y5

Telephone: 800–563–2468; 613–226–8136 **E-mail:** bacon@storm.ca

PE for You: Teacher's Resource Pack 408436 $138.75

Authorized Teaching Resource

This resource is an overview of the physical and mental skills and challenges required to meet individual goals in areas of sport and fitness. The book covers a wide variety of areas complimented by colourful pictures and graphs. It is easy to read and well thought out.

Author(s): Hill, M.

Distributor: Bacon & Hughes Limited; Unit 30, 81 Auriga Drive, Nepean, ON K2E 7Y5

Telephone: 800–563–2468; 613–226–8136 **E-mail:** bacon@storm.ca

Physical Activity Ideas for Action: Elementary Level 395948 $22.40

Authorized Teaching Resource

This resource is filled with successful and creative fitness programs, developed and used by physical education teachers in the United States. Included are lesson plan ideas, special event ideas, samples of correspondence and assessment tools that can help enhance a physical education program.

Author(s): Allen, L. (ed.)

Distributor: Human Kinetics; 1607 North Market Street, PO Box 5076, Champaign, IL 61825–5076 USA

Telephone: 800–747–4457; 217–351–5076 **E-mail:** mikeb@hkcanada.com

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	LRC Order No.:	Est. Cost:

Physical Activity Ideas for Action: Secondary Level 395766 $22.40

Authorized Teaching Resource

This resource is a collection of activities, lesson plans and special events that have been used successfully by physical education teachers across the United States. These worksheets, task cards and correspondence ideas are easy to implement, inexpensive and creative.

Author(s): Allen, L. (ed.)

Distributor: Human Kinetics; 1607 North Market Street, PO Box 5076, Champaign, IL 61825–5076 USA

Telephone: 800–747–4457; 217–351–5076 **E-mail:** mikeb@hkcanada.com

Physical Best Activity Guide: Elementary Level 396194 $33.70

Authorized Teaching Resource

This resource lists the components of a successful health-related physical education class and includes authentic assessment strategies. The focus on health-related fitness is consistent with General Outcome B. In addition, the book contains many ideas and activities that an elementary teacher could use to encourage fitness and active living.

Author(s): American Alliance for Health, Physical Education, Recreation and Dance

Distributor: Human Kinetics; 1607 North Market Street, PO Box 5076, Champaign, IL 61825–5076 USA

Telephone: 800–747–4457; 217–351–5076 **E-mail:** mikeb@hkcanada.com

Physical Best Activity Guide (Secondary Level) 409898 $33.70

Authorized Teaching Resource

This resource lists the components of a successful health-related physical education class and includes authentic assessment strategies. The focus on health-related fitness is consistent with General Outcome B. In addition, the book contains many ideas and activities that a secondary teacher could use to encourage fitness and active living.

Distributor: Human Kinetics Canada; Unit 100, 475 Devonshire Road, Windsor, ON N8Y 2L5

Telephone: 800–465–7301; 519–971–9500 **E-mail:** hack@mnsi.net

Physical Education for Children: Daily Lesson Plans for Elementary School (2nd Ed.) 433194 $68.75

Authorized Teaching Resource

This resource could serve as a curriculum overview for generalists and specialists. Its focus is on basic motor skills suitable for elementary children.

Author(s): Thomas, K. et al.

Distributor: Human Kinetics Canada; Unit 100, 475 Devonshire Road, Windsor, ON N8Y 2L5

Telephone: 800–465–7301; 519–971–9500 **E-mail:** hack@mnsi.net

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LRC Order No.: Est. Cost:

Physical Education for Children: Daily Plans for Middle School (2nd Ed.) 428286 $40.70

Authorized Teaching Resource

This resource is a collection of developmentally appropriate lesson plans for physical education at the grade 6 to 8 levels. The information is organized in a clear and concise manner, and would be useful to generalists and/or physical education specialists.

Author(s): Lee, A. et al.

Distributor: Human Kinetics Canada; Unit 100, 475 Devonshire Road, Windsor, ON N8Y 2L5

Telephone: 800–465–7301; 519–971–9500 **E-mail:** hack@mnsi.net

Curriculum Support Series

Physical Education K–4: Movement with Meaning 396582 $15.80

Authorized Teaching Resource

Although this resource is somewhat dated, it is an easy to read, illustrated handbook of many basic movement skills. The resource includes a description of the skills and key points, and teaching hints for each. The focus of the book is on choosing activities that are meaningful in developing these skills.

Distributor: The Manitoba Textbook Bureau; 130, 1st Avenue West, PO Box 910, Souris, MB R0K 2C0

Telephone: 800–305–5515; 204–483–4040 **E-mail:** mtbb@minet.gov.mb.ca

Physical Education Methods for Classroom Teachers 463828 $42.05

Authorized Teaching Resource

This resource would be a very useful guide for the generalist teacher, or it could act as a refresher for the physical education specialist. It contains information and examples of planning curriculum development, instructional and management strategies, safety and assessment. There is reference to American standards, but most of the content is applicable to Canadian and Albertan curriculums.

Author(s): Pettifor, B.

Distributor: Human Kinetics Canada; Unit 100, 475 Devonshire Road, Windsor, ON N8Y 2L5

Telephone: 800–465–7301; 519–971–9500 **E-mail:** hack@mnsi.net

Physical Education: A Positive Place to Learn: Tips for Teachers 455940 $10.00

Authorized Teaching Resource

The purpose of this resource is to provide practical tips for physical education teachers to help them create an environment in which female students feel safe, find value and feel valued. These practical tips are organized into three categories: curriculum, environment, assessment and evaluation.

Author(s): Gibbons, S.

Distributor: Canadian Association for Health, Physical Education, Recreation and Dance (CAHPERD), National Office; 403, 2197 Riverside Drive, Ottawa, ON K1H 7X3

Telephone: 800–663–8708; 613–523–1348 **E-mail:** cahperd@activeliving.ca

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	LRC Order No.:	Est. Cost:

Physical Education Unit Plans

- **Physical Education Unit Plans for Preschool–Kindergarten**
- **Physical Education Unit Plans for Grades 1–2**
- **Physical Education Unit Plans for Grades 3–4**
- **Physical Education Unit Plans for Grades 5–6**

395980 (4 Volumes) — $82.80

Authorized Teaching Resource

These resources identify strategies and activities for setting up a physical education program for preschool to Grade 6 children. They take into account all outcomes in the new curriculum with a focus on basic skills. Lesson and unit plans are provided in basic movement, dance, games and gymnastics. Suggested time allocations for specific lessons and units can be modified to suit the situation.

Author(s): Logsdon, B.J.; et al.

Distributor: Human Kinetics; 1607 North Market Street, PO Box 5076, Champaign, IL 61825–5076 USA

Telephone: 800–747–4457; 217–351–5076 **E-mail:** mikeb@hkcanada.com

Playday! The Manual — 396277 — $19.40

Authorized Teaching Resource

This resource is for anyone wishing to plan an activity-based special event to compliment any relevant theme. All areas in planning and organizing for the day are considered. The theme of this manual is ecology. More than 20 station ideas, management tips, required equipment and concise directions for the smooth operation of each station are included.

Author(s): Antoniuk, M.; et al.

Distributor: Creative Network; Box 10, Aldersyde, AB T0L 0A0

Telephone: 403–938–7296

Playground Leadership Program

Playground Leadership Program: Facilitator's Guide — 397118 — $32.15

Authorized Teaching Resource

This resource offers the teacher information and worksheets in order to start and implement a leadership program within the school. The accompanying "Leader's Handbook" offers useful information to the leader.

Distributor: Canadian Intramural Recreation Association (CIRA) / Association Canadienne de Loisirs Intramuros (ACLI); 740–B rue Belfast Road, Ottawa, ON K1G 0Z5

Telephone: 613–244–1594 **E-mail:** cira@intramurals.ca

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	LRC Order No.:	Est. Cost:

Playground Leadership Program

Playground Leadership Program: Leader's Handbook 397126 $5.50

Support Resource

This resource contains "tips" and templates that can be used by a student or an adult leader. A student handbook supplements this resource.

Distributor: Canadian Intramural Recreation Association (CIRA) / Association Canadienne de Loisirs Intramuros (ACLI); 740–B rue Belfast Road, Ottawa, ON K1G 0Z5

Telephone: 613–244–1594 **E-mail:** cira@intramurals.ca

Premier's Sport Awards Program

• **Badminton**	394784	$12.00
• **Basketball: Teaching the Basics: Resource Manual**	418120	$12.00
• **Curling: Teaching the Basics: Resource Manual**	394809	$12.00
• **Field Hockey**	394825	$10.00
• **Gymnastics: Teaching the Basics: Resource Manual**	394833	$12.00
• **Ice Skating: Teaching the Basics: Resource Manual**	394867	$10.00
• **Orienteering: Teaching the Basics: Resource Manual**	394875	$12.00
• **Soccer: Teaching the Basics: Resource Manual**	394883	$12.00
• **Softball**	394891	$10.00
• **Track & Field: Teaching the Basics: Resource Manual**	394908	$12.00
• **Volleyball: Teaching the Basics: Resource Manual**	394916	$12.00

Authorized Teaching Resource

This resource package provides strategies to teach sport-specific skills in many dimensions. The series contains illustrations to support each lesson.

Author(s): Wedmann, W. et al.

Distributor: Premier's Sport Awards Program; 228, 1367 West Broadway, Vancouver, BC V6H 4A9

Telephone: 800–565–7727; 604–738–2468 **E-mail:** jwsporta@istar.ca

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	LRC Order No.:	Est. Cost:
PRISM: Rhythmic Gymnastics Skill Development Program	456477	$87.70

Authorized Teaching Resource

This resource was developed for the recreational rhythmic gymnast, but has a direct application for secondary physical education. The manual and video includes a glossary of terms and pictures, colour-coded skill development levels featuring a variety of elements and apparatus—balls, ropes, ribbons, scarves and hoops—and applicable teaching points.

Author(s): Palmer, H. et al.

Distributor: Alberta Rhythmic Sportive Gymnastics Federation; Percy Page Building, 11759 Groat Road, Edmonton, AB T5M 3K6

Telephone: 780–453–8564

Professional and Student Portfolios for Physical Education	396178	$30.85

Authorized Teaching Resource

This resource is an assessment tool. It presents practical step-by-step procedures and tips for organizing student and teacher portfolios from Kindergarten to Grade 12.

Author(s): Melograno, V.J.

Distributor: Human Kinetics; 1607 North Market Street, PO Box 5076, Champaign, IL 61825–5076 USA

Telephone: 800–747–4457; 217–351–5076 **E-mail:** mikeb@hkcanada.com

Ready-to-Use P.E. Activities for Grades K–2	257180	$37.40

Authorized Teaching Resource

Author(s): Landy, J.M.; Landy, M.J.

Distributor: Pearson Education Canada; 26 Prince Andrew Place, Don Mills, ON M3C 2T8

Telephone: (800) 361–6128; 416–447–5101

Ready-to-Use P.E. Activities for Grades 3–4	257198	$37.40

Authorized Teaching Resource

Author(s): Landy, Joanne M.; Landy, Maxwell, J.

Distributor: Pearson Education Canada; 26 Prince Andrew Place, Don Mills, ON M3C 2T8

Telephone: (800) 361–6128; 416–447–5101

Ready-to-Use P.E. Activities for Grades 5–6	257205	$37.40

Authorized Teaching Resource

Author(s): Landy, J.M.; Landy, M.J.

Distributor: Pearson Education Canada; 26 Prince Andrew Place, Don Mills, ON M3C 2T8

Telephone: (800) 361–6128; 416–447–5101

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	LRC Order No.:	Est. Cost:

Ready-to-Use P.E. Activities for Grades 7–9 257213 $39.70

Authorized Teaching Resource

Author(s): Landy, Joanne M.; Landy, Maxwell, J.

Distributor: Pearson Education Canada; 26 Prince Andrew Place, Don Mills, ON M3C 2T8

Telephone: (800) 361–6128; 416–447–5101

Ready-to-Use Secondary P.E. Activities Program: Lessons, Tournaments & Assessments for Grades 6–12 397861 $47.60

Authorized Teaching Resource

This is a unique and creative resource that includes interesting lesson ideas, activities and games. This book also includes worksheets, reproducibles, handouts and tournament schedules to make classroom management easy and fun.

Author(s): Lumsden, K.; Jones, S.

Distributor: Pearson Education Canada; 26 Prince Andrew Place, Don Mills, ON M3C 2T8

Telephone: (800) 361–6128; 416–447–5101

Rhythmic Activities and Dance 396251 $28.05

Authorized Teaching Resource

This resource can be used for developing a Kindergarten to Grade 9 dance unit. Cognitive, affective and psychomotor characteristics are identified for each grade level with a strong correlation to physical education curriculum outcomes. The text includes many developmentally appropriate activities under the headings of Rythmic Games, Aerobics, Line Dances, Mixers, Square Dances and Folk Dances. Teaching strategies, planning and evaluation ideas are included.

Author(s): Bennett, J.P.; Riemer, P.C.

Distributor: Human Kinetics; 1607 North Market Street, PO Box 5076, Champaign, IL 61825–5076 USA

Telephone: 800–747–4457; 217–351–5076 **E-mail:** mikeb@hkcanada.com

Rhythmic Gymnastic School Program

Rhythmic Gymnastic School Program: Technique Manual (includes lesson plans); Experiment! Create! Innovate! (Basic Apparatus Technique Video) 398687 $128.60

Authorized Teaching Resource

This package includes a video and technical manual that introduces rhythmic gymnastics through basic skill development using rhythmic apparatus, such as balls, ropes, hoops, ribbons and clubs. It provides in-depth information on lesson planning, warm ups, games and music.

Author(s): Canadian Rhythmic Sportive Gymnastic Federation

Distributor: Serious Fun Enterprises; 20 Fulton Avenue, Ottawa, ON K1S 4Y6

Telephone: 888–332–4223; 613–730–0097 **E-mail:** fun@seriousfun.ca

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	LRC Order No.:	Est. Cost:

Right Fielders Are People Too: An Inclusive Approach to Teaching Middle School Physical Education 399346 $25.20

Authorized Teaching Resource

The developer's focus is on strategies that will promote inclusion of all students; however, the resource does not provide specific suggestions for facilitating the participation of students with disabilities and those from various cultures. Insight into the challenges of teaching middle school physical education is provided, and more than 100 innovative games and activities for developing physical skills, cooperative behaviours and problem-solving abilities are included. Reference is made to student input regarding the program and assessment practices.

Author(s): Hichiwa, J.

Distributor: Human Kinetics; 1607 North Market Street, PO Box 5076, Champaign, IL 61825–5076 USA

Telephone: 800–747–4457; 217–351–5076 **E-mail:** mikeb@hkcanada.com

Run, Jump, Throw ... and Away We Go! Kindergarten to Grade 12 Teacher Resource 440553 $5.90

Authorized Teaching Resource

This resource, developed in Alberta as a legacy of the 8th IAAF World Championships in Athletics, includes developmental lessons focussing on the basic skills of running, jumping and throwing. Track and field activity specific drills for sprints, hurdles, long jump, high jump and shot put are included.

Distributor: Learning Resources Centre (LRC); 12360 – 142 Street, EDMONTON, AB T5L 4X9

Telephone: (780) 427–5775 **E-mail:** LRCcustserv@gov.ab.ca

Safety Guidelines for Physical Activity in Alberta Schools 405672 $9.95

Authorized Teaching Resource

This resource identifies safe instructional practices for the delivery of physical activities in schools. The resource assists teachers in their planning as it includes safety information on equipment / facilities, transportation, accident procedures and instructional considerations. It also includes specific information for over 70 physical activities. The guidelines were developed to assist school authorities in the formulation of their own site-specific safety guidelines and teachers are reminded to be aware of their own district guidelines.

Distributor: Alberta Centre for Injury Control and Research; 4075 EDC, 8308 – 114 Street, Edmonton, AB T6G 2V2

Telephone: 780–492–6019 **E-mail:** cknierim@cha.ab.ca

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LRC Order No.: Est. Cost:

School Based Home Developmental P.E. Program: Teacher Guidebook 395146 $49.75

Authorized Teaching Resource

This resource promotes the early screening and remediation of movement difficulties in young children. It is intended as a home program but could be used successfully in any school setting. Early detection of problems in movement ability and intervention with children showing developmental delays will increase motor ability, self-esteem and have an effect on learning. Strategies to continually evaluate improvements and growth are provided.

Author(s): Wood, B.

Distributor: Front Row Experience; 540 Discovery Bay Boulevard, Discovery Bay, CA 94514 USA

Telephone: 800–524–9091; 925–634–5710 **E-mail:** service@frontrowexperience.com

Skill Development: A Tennis Curriculum for Children Age 5 to 8 438813 $16.40

Support Resource

The teaching approach in this manual focuses on the development of the child through tennis activities. To help teachers implement this approach, the information appears under the headings Teaching Principles, Learning Progressions, and Class Organization.

Distributor: Tennis Alberta; Percy Page Building, 11759 Groat Road, Edmonton, AB T5M 3K6

Telephone: 780–415–1661 **E-mail:** info@tennisalberta.com

Snow Smart

- **Alberta Physical Education Grade 6: Alpine Safety for Skiers and Snowboarders** Vendor Direct
- **Be Aware: Ski and Ride with Care**
- **Safety in Numbers: A Group Leader's Guide to Ski Outings**
- **Beating the Odds: Avalanche Search & Rescue**

Authorized Teaching Resource

This resource package includes two modules that focus on avalanche safety for skiers, snowboarders and snowmobilers. Included are two *Snow Smart* teacher's resources, a 30-minute video "Beating the Odds," and additional supplementary teacher resources titled "Back Country Avalanche Awareness," "Sledding in Avalanche Terrain," and "Avalanche: Be Aware."

Distributor: Canadian Ski Patrol System / Canadian Avalanche Association / SmartRisk Foundation; c/o 524 Strathcona Drive SW, Calgary, AB T3H 1L9

Telephone: 403–249–0055

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	LRC Order No.:	Est. Cost:
Sports First Aid		
• Athletic Taping	398421	$37.45
• A Guide to Sport Injuries	321208	$23.40

Authorized Teaching Resource

• *Athletic Taping*

A complete taping manual for all types of athletic injuries, including ankle and foot, knee, hand and wrist, and elbow. The resource discusses basic taping principles and safety considerations, including when not to tape.

• *A Guide to Sport Injuries*

A basic introduction to the cause and prevention of athletic injuries, including profiles of various injuries and suggested treatments. The resource reinforces safe practices and provides information on athletic injuries, first-aid care and injury prevention principles.

Distributor: Sports Medicine Council of Alberta; Percy Page Building, 11759 Groat Road, Edmonton, AB T5M 3K6
Telephone: 780–453–8636 or 780-415-0812

Step Lively!		
• Step Lively! Dances for Schools and Families (includes CD-ROM)	456550	$28.05
• Step Lively 2: Canadian Dance Favourites (includes CD-ROM)	456542	$28.05

Authorized Teaching Resource

This Canadian resource package includes a glossary of terms, an instruction booklet with steps, formations and variations, and a music CD-ROM. The dances—folk mixers and couple—include some old favourites and some new variations.

Author(s): Rose, M.
Distributor: Community Dance Project; 2056 East 3rd Avenue, Vancouver, BC V5N 1H7
Telephone: 604–254–5678 **E-mail:** info@marianrose.com

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	LRC Order No.:	Est. Cost:
Steps to Success Activity Series		
• **Archery (2nd Ed.)**	406274	$21.50
• **Bowling (2nd Ed.)**	406282	$21.50
• **Golf (2nd Ed.)**	406290	$21.50
• **Ice Skating**	406307	$21.50
• **Netball**	406315	$23.35
• **Squash**	406323	$23.35
• **Swimming (2nd Ed.)**	406331	$21.50
• **Tennis (2nd Ed.)**	406349	$21.50
• **Volleyball (2nd Ed.)**	406357	$21.50
• **Weight Training (2nd Ed.)**	406365	$21.50

Authorized Teaching Resource

This series is a comprehensive look at the skills required to play each of the sports. Each book in the series allows the reader to learn various aspects of the sport and includes personal and team evaluation for each discipline.

Author(s): Haywood, K.M.; Lewis, C.F.

Distributor: Human Kinetics Canada; Unit 100, 475 Devonshire Road, Windsor, ON N8Y 2L5

Telephone: 800–465–7301; 519–971–9500 **E-mail:** hack@mnsi.net

Steroid and Body Image Kit 400937 $7.00

Support Resource

This resource is user-friendly and thought-provoking. Students are able to explore information on two health-related issues, and conduct a self-analysis regarding body image.

Distributor: Canadian Center for Ethics in Sport (CCES) / Centre canadien pour l'éthique dans le sport (CCES); Suite 300, 2197 Riverside Drive, Ottawa, ON K1H 7X3

Telephone: 800–672–7775; 613–521–3340 **E-mail:** info@cces.ca

Steroids: Bulking Up Can Kill 399073 $70.10

Support Resource

This video details the consequences of steroid use by males. The program profiles the experiences of an ex-professional football player who started out his career with great promise, but had to quit football when his right foot and ankle were amputated due to steroid abuse. A high school football team is accused of using steroids when they show vast improvements in their season, but prove that effort and determination often prove to be the winning formula.

Distributor: Canadian Learning Company Inc.; 95 Vansittart Avenue, Woodstock, ON N4S 6E3

Telephone: 800–267–2977; 519–537–2360 **E-mail:** info@canlearn.com

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	LRC Order No.:	Est. Cost:
Stretching & Flexibility: An Interactive Personal Stretching and Fitness Program: CD-ROM (Windows Version) with Instructor's Manual	362723 (5-Pack)	$99.95

Authorized Teaching Resource

This resource can be used as a teaching tool or supplemented to any activity. The resource is well thought out and very informative.

Author(s): Sorrentino, R.

Distributor: Savvy Knowledge Systems; 701, 550 – 11 Avenue SW, Calgary, AB T2B 1M7

Telephone: 403–264–7201 **E-mail:** gamer@savvyknowledge.com

Student-Centered Physical Education: Strategies for Developing Middle School Fitness and Skills	395782	$33.65

Authorized Teaching Resource

This resource focuses on health benefits and positive interaction as well as various dimensions. The author encourages a child-centered approach and modular planning. One chapter provides authentic assessment strategies linked to student learning outcomes. Skills and games are sport specific.

Author(s): Smith, T.K.; Cestaro, N.G.

Distributor: Human Kinetics; 1607 North Market Street, PO Box 5076, Champaign, IL 61825–5076 USA

Telephone: 800–747–4457; 217–351–5076 **E-mail:** mikeb@hkcanada.com

Student Leadership Development Guide: Secondary	397481	$40.95

Authorized Teaching Resource

This resource is based on the philosophy that young people of all ages and abilities can increase their leadership capacities through experience and deliberate practice. The program goals also focus on cooperation, communication, teamwork, problem solving and conflict resolution skills. Through organization of intramural events, it also supports the outcomes related to active living in the community.

Distributor: Canadian Intramural Recreation Association (CIRA) / Association Canadienne de Loisirs Intramuros (ACLI); 740–B rue Belfast Road, Ottawa, ON K1G 0Z5

Telephone: 613–244–1594 **E-mail:** cira@intramurals.ca

Survival Kit for the Introduction of Team Handball	Vendor Direct	

Authorized Teaching Resource

This resource presents lead-up activities/games to enhance handball skills and rules. Tactics and strategies are developed to further the game of team handball. It is easy to read with diagrams to supplement the text.

Distributor: Alberta Team Handball Federation; Percy Page Building, 11759 Groat Road, Edmonton, AB T5M 3K6

Telephone: 780–415–2666

© Alberta Learning, Alberta, Canada

LRC Order No.: Est. Cost:

Swimming and Water Safety 371328 $32.70

Authorized Teaching Resource

This resource is a reference for the Red Cross Water Safety Service and program lessons. It will assist teachers with an understanding of basic aquatic skills, strokes, safety principles, rescue practices, boating safety and basic life support. It includes a section on lifetime fitness that will also support the concepts of the proposed revisions to the physical education program. The format for the resource includes text, graphics and photographs that help teach the concepts identified. In the "strokes" section, a checklist of movement principles is included that teachers will find helpful.

Distributor: The Canadian Red Cross Society; 85 Plymouth Street, Ottawa, ON K1S 3E2
Telephone: 613–560–7440

Synchronized Ball Skills 395849 $29.75

Authorized Teaching Resource

This resource combines ball-handling skills with rhythmic movements set to music. The resource includes a teacher's guide and music with instruction, and music only. The activities progress from basic ball-handling skills for primary children to more difficult cooperative synchronized movement and dance patterns for older students. This resource can be used as part of a rhythmic gymnastics program or a basic ball-handling skills activity.

Author(s): Hughes, H.H.
Distributor: Educational Activities Inc.; 1937 Grand Avenue, PO Box 87, Baldwin, NY 11510 USA
Telephone: 800–645–3739; 516–223–4666 **E-mail:** astern@edact.com

Teaching Children Physical Education: Becoming a Master Teacher (2nd Ed.) (with CD-ROM) 456328 $43.50

Authorized Teaching Resource

This resource focuses on the skills and techniques used by successful teachers. It is written from the perspective of a teacher and describes and analyzes skills, such as motivating, establishing a positive learning environment and minimizing class management problems. An experienced teacher may find new ideas and strategies outlined in the resource. Practical examples and questions for reflection on numerous additional topics from planning to assessment are included.

Author(s): Graham, G.
Distributor: Human Kinetics Canada; Unit 100, 475 Devonshire Road, Windsor, ON N8Y 2L5
Telephone: 800–465–7301; 519–971–9500 **E-mail:** hack@mnsi.net

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LRC Order No.: Est. Cost:

Teaching Health-related Exercise at Key Stages 1 and 2 395964 $26.65

Authorized Teaching Resource

This book provides lesson plans and safety considerations, and examines successful programs that schools in the United Kingdom have adopted to promote active living and physical activity. Lessons and activities are simple and use readily available equipment. This resource integrates the concept of health benefits into active physical education lessons, and also provides a variety of strategies for assessment. Some reference is made to students with disabilities, but motor impairments are not included in this resource.

Author(s): Harris, J.; Elbourn, J.

Distributor: Human Kinetics; 1607 North Market Street, PO Box 5076, Champaign, IL 61825–5076 USA

Telephone: 800–747–4457; 217–351–5076 **E-mail:** mikeb@hkcanada.com

Teaching Middle School Physical Education 395774 $40.70

Authorized Teaching Resource

This book offers suggestions for designing and implementing a physical education program at the middle school age level. It describes how to create a program that addresses the specific needs and capabilities of middle school students, and contains a sample program for sixth, seventh and eighth grade. This resource covers the following: developing lesson and unit plans, motivating students, positive teaching behaviours, teaching and training styles, incorporating technology.

Author(s): Mohnsen, B.S.

Distributor: Human Kinetics; 1607 North Market Street, PO Box 5076, Champaign, IL 61825–5076 USA

Telephone: 800–747–4457; 217–351–5076 **E-mail:** mikeb@hkcanada.com

Teaching the Nuts and Bolts of Physical Education: Building Basic Movement Skills 414334 $32.30

Authorized Teaching Resource

This resource outlines the basic skills that form the foundation of movement and the acquisition of other skills. It includes teaching suggestions, safety procedures, equipment modifications and age-appropriate activities. In addition, partner-assisted learning opportunities provide ideas for assessment strategies.

Author(s): Colvin, A. et al.

Distributor: Human Kinetics Canada; Unit 100, 475 Devonshire Road, Windsor, ON N8Y 2L5

Telephone: 800–465–7301; 519–971–9500 **E-mail:** hack@mnsi.net

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LRC Order No.: Est. Cost:

Teaching Orienteering (2nd Ed.) 395815 $33.65

Authorized Teaching Resource

This orienteering resource provides an extensive exposure to orienteering preparation, implementation and adaptations to activities. Age level suggestions are presented with the activities. Despite the fact that much reference is made to the United Kingdom, the origin of the resource, this book contains a wealth of useful information on orienteering, and is consistent with the outcomes of the new physical education curriculum in Alberta.

Author(s): McNeill, C.; et al.

Distributor: Human Kinetics; 1607 North Market Street, PO Box 5076, Champaign, IL 61825–5076 USA

Telephone: 800–747–4457; 217–351–5076 **E-mail:** mikeb@hkcanada.com

Teaching for Outcomes in Elementary Physical Education: A Guide for Curriculum and Assessment 414326 $40.70

Authorized Teaching Resource

This resource provides a link between planning and assessment. It contains practical, meaningful information and ideas that can be used and/or modified for varying teaching situations to assist in meeting student needs through an outcomes-based curriculum.

Author(s): Hopple, C.

Distributor: Human Kinetics Canada; Unit 100, 475 Devonshire Road, Windsor, ON N8Y 2L5

Telephone: 800–465–7301; 519–971–9500 **E-mail:** hack@mnsi.net

Teaching Sport Concepts and Skills: A Tactical Games Approach 395758 $28.05

Authorized Teaching Resource

This resource provides a tactical approach to teaching games throughout Grade 7 to Grade 12. It includes lesson plans with suggestions to maximize teaching space and stations. This valuable resource focuses on the game situation rather than skill mastery, thus encouraging students to understand a sport prior to implementing a problem-solving approach to skill development. An assessment section is included with attention given to outcomes. Although no specific mention is made of how to modify activities for students with disabilities, this resource is still worthy of recommendation for the information it does provide.

Author(s): Griffin, L.L.; et al.

Distributor: Human Kinetics; 1607 North Market Street, PO Box 5076, Champaign, IL 61825–5076 USA

Telephone: 800–747–4457; 217–351–5076 **E-mail:** mikeb@hkcanada.com

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LRC Order No.: Est. Cost:

Teaching Tumbling 395972 $25.20

Authorized Teaching Resource

This resource teaches basic tumbling, balancing, relaxing, springing and landing skills. It is particularly useful for teachers inexperienced in teaching gymnastics. The resource includes 42 lesson plans, 86 basic tumbling skills assessment options and a set of task cards for station work.

Author(s): Ward, P.

Distributor: Human Kinetics; 1607 North Market Street, PO Box 5076, Champaign, IL 61825–5076 USA

Telephone: 800–747–4457; 217–351–5076 **E-mail:** mikeb@hkcanada.com

Team Building through Physical Challenges 456310 $22.40

Authorized Teaching Resource

This resource focuses on the development of cooperative learning through physical challenges. Twenty-two team-building challenges, for different ability levels, are outlined. Mention is made of adaptations to facilitate inclusion of students with disabilities. Safety is considered throughout.

Author(s): Glover, D.; Midura, D.

Distributor: Human Kinetics Canada; Unit 100, 475 Devonshire Road, Windsor, ON N8Y 2L5

Telephone: 800–465–7301; 519–971–9500 **E-mail:** hack@mnsi.net

Team Handball (Promotional Video) Vendor Direct

Authorized Teaching Resource

This resource is a promotional video of the men's and women's national handball teams.

Distributor: Alberta Team Handball Federation; Percy Page Building, 11759 Groat Road, Edmonton, AB T5M 3K6

Telephone: 780–415–2666

The Treasury of Moga Madness: For Youth-by-Youth Active Living Challenges for the Most Outrageous Group Activity 397423 $35.05

Authorized Teaching Resource

This is a compilation of wild and crazy events that have been experienced throughout junior and senior high schools across the country. These imaginative events are varied and can easily be adapted for a variety of settings, number of participants and needs within the school and community.

Distributor: Canadian Intramural Recreation Association (CIRA) / Association Canadienne de Loisirs Intramuros (ACLI); 740–B rue Belfast Road, Ottawa, ON K1G 0Z5

Telephone: 613–244–1594 **E-mail:** cira@intramurals.ca

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	LRC Order No.:	Est. Cost:

Up, Down All Around Gymnastics Lesson Plans

• **Up, Down All Around Gymnastics Lesson Plans: Series A**	395881	$29.25
• **Up, Down All Around Gymnastics Lesson Plans: Series B**	395899	$29.25
• **Up, Down All Around Gymnastics Lesson Plans: Series C**	395906	$29.25

• **Up, Down All Around Gymnastics Lesson Plans: Teacher's Guide**

Authorized Teaching Resource

This resource includes a teacher's guide and three packages of lesson plans. Each package contains 20 lesson plans, including activation activities, directed learning, exploratory learning and review. The lessons are easy to follow and teacher friendly. They use minimal equipment.

Author(s): Russell, K. et.al

Distributor: Ruschkin Publishing; 7 North Cotebay, Winnipeg, MB R2G 3M2

Telephone: 204–925–5782

Volleyball for Children 398372 $21.00

Authorized Teaching Resource

This resource is for teachers to develop, in 9- to 12-year-old children, the skills required to play volleyball. It is a gradual approach, using common locomotor and manipulative movements to teach the required skills. This approach to teaching volleyball in a school environment is on the basis of the child's physical, motor, cognitive and social development. A progression of activities is developed leading up to a modified volleyball game itself in a 4-on-4 setting.

Distributor: Volleyball Canada; 2, 5510 Canotek Road, Gloucester, ON K1J 9J5

Telephone: 613–748–5681 **E-mail:** info@volleyball.ca

Volleyball Technical Posters

Blocking, Defense, Passing, Serving, Setting, Spiking 395089 $35.05

Support Resource

This resource is a pictorial illustration of some of the major skills in the game of volleyball. Bright colour photographs are complimented with steps for learning each skill. Canadian Volleyball Association approved, the set of posters is a resource for instruction in volleyball. No visible minorities are depicted in this resource. Teachers and coaches are advised to include such in their examples.

Distributor: Volleyball Canada; 2, 5510 Canotek Road, Gloucester, ON K1J 9J5

Telephone: 613–748–5681 **E-mail:** info@volleyball.ca

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	LRC Order No.:	Est. Cost:
A Western Playday	396269	$11.95

Authorized Teaching Resource

This resource includes 40 stations complete with clear descriptions, diagrams and useful suggestions to make adaptations for equipment and nature of events. The western theme has a natural attraction for everyone; however, some cautions are to be noted before implementing some of the activities.

Author(s): Antoniuk, M.

Distributor: Creative Network; Box 10, Aldersyde, AB T0L 0A0

Telephone: 403–938–7296

Win-Win Tag Games: Must-Know Games for Physical Education Teachers and Youth Group Leaders	407892	$17.50

Authorized Teaching Resource

This is a collection of over 25 tag games that may be used as they are, or modified and combined to create new games. The fun, fast-paced games develop basic skills, such as throwing, catching, dodging and running. The philosophy of win-win is to emphasize inclusion, maximum participation and on-the-spot decision making.

Author(s): Budwill, D.

Distributor: Sport Books Publisher (AB Rep); 16 Roth Crescent, Red Deer, AB T4P 2Y8

Telephone: 403–342–4167

Wrestling: The Original Sport (Video and Curriculum Guide)	409583	$40.95

Authorized Teaching Resource

This resource is a comprehensive group of lessons designed to take the learner from no wrestling experience to upper level take downs. The video is complimented by a rules/lesson manual that is skill oriented and readable at most ages.

Author(s): McKay, D.

Distributor: Canadian Amateur Wrestling Association (CAWA); Suite 505, 1600 Promenade James Naismith Drive, Gloucester, ON K1B 5N4

Telephone: 613–748–5686 **E-mail:** gmathieu@wrestling.ca

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	LRC Order No.:	Est. Cost:
Young Enthusiast, The		
• **The Young Baseball Player**	397639	$15.10
• **The Young Basketball Player**	397647	$15.10
• **The Young Gymnast**	397655	$14.30
• **The Young Inline Skater**	397663	$15.10
• **The Young Martial Arts Enthusiast**	397671	$15.95
• **The Young Rider**	397689	$15.10
• **The Young Snowboarder**	397712	$15.10
• **The Young Swimmer**	397720	$15.10
• **The Young Tennis Player**	397738	$15.10
• **The Young Track and Field Athlete**	397746	$9.90

Support Resource

This series is a complete library of skill development for numerous activities. Diagrams complement each skill. The books are easy to read and appeal to the instructors. Each book is activity specific, but skill development, application, knowledge, health and fitness benefits, cooperative behaviour and reference to lifetime opportunities is outlined in each volume. As the format is similar in each book, they provide a quick and easy reference that relate closely to the outcomes.

Distributor: Irwin Publishing; 325 Humber College Boulevard, Toronto, ON M9W 7C3

Telephone: 800–263–7824; 416–798–0424 **E-mail:** ipt@irwin-pub.com/school@irwin-pub.com

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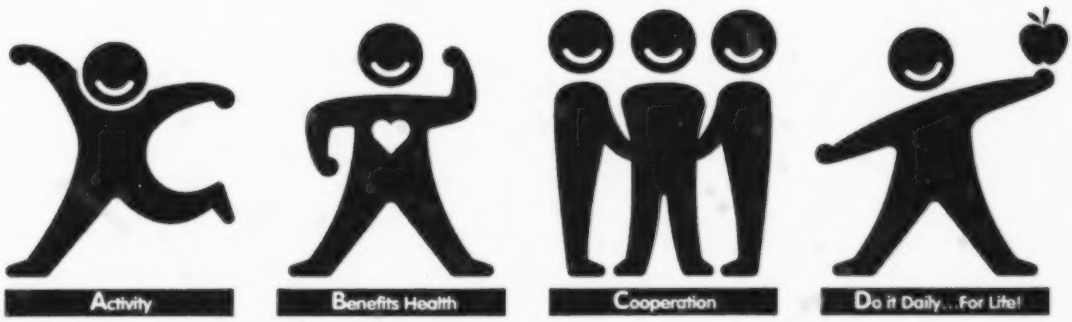
Administrator's Overview:

K–12 Physical Education



ABCD's of Physical Education

Resource intent:

- to assist administrators with implementation of the K–12 physical education program
- to encourage promising practices in physical education
- to provide an overview of the program.

K–12 Physical Education Program of Studies

In September 2000, the Physical Education Kindergarten to Grade 12 Program of Studies was approved for provincial implementation. The aim of the program is *to enable individuals to develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle.* The four general outcomes (the ABCD's), as well as the curriculum organizers; e.g., Basic Skills, Functional Fitness, Communication, Effort, are shown in the program design. Grade- specific outcomes for each curriculum organizer can be found in the program of studies, which is available at your school or via the Alberta Learning Web site at <http://www.learning.gov.ab.ca/k_12/curriculum/bySubject/physed/>.

Program of Studies Design
K–12 Physical Education

The aim of the Kindergarten to Grade 12 physical education program is to enable individuals to develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle.

Activity

General Outcome A

***Students will* acquire skills through a variety of developmentally appropriate movement activities; dance, games, types of gymnastics, individual activities and activities in an alternative environment; e.g., aquatics and outdoor pursuits.**

- Basic Skills; Locomotor; Nonlocomotor; Manipulative
- Application of Basic Skills in an Alternative Environment; i.e., Aquatics and Outdoor Pursuits; Dance, Games, Types of Gymnastics, Individual Activities

General outcomes B, C and D are interrelated and interdependent and are achieved through involvement in movement activities identified in General Outcome A.

General Outcome B

Benefits Health

***Students will* understand, experience and appreciate the health benefits that result from physical activity.**

- Functional Fitness
- Body Image
- Well-being

General Outcome C

Cooperation

***Students will* interact positively with others.**

- Communication
- Fair Play
- Leadership
- Teamwork

General Outcome D

Do It Daily ... for Life!

***Students will* assume responsibility to lead an active way of life.**

- Effort
- Safety
- Goal Setting/Personal Challenge
- Active Living in the Community

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What the new physical education program is all about

The new physical education program:

- is **an outcomes-based program** with a focus on what students learn rather than on what teachers teach
- outlines **what students will know and be able to do** as a result of participation in an activity
- is **a K to 12 continuum**, with a common format, language and philosophy, rather than separate elementary and secondary programs
- has an overall purpose of creating a **desire to participate** in physical activity for a lifetime
- encourages teachers to choose activities based on the needs of students, resources available, safety considerations and personal expertise. The activity chosen is the vehicle by which the prescribed outcome can be achieved by students.

What a quality physical education program in schools looks like

A quality physical education program should:

- focus on student learning outcomes
- be balanced; i.e., include games, types of gymnastics, dance, alternative environments and individual activities
- have a variety of activities with a focus on successful participation and involvement, including skill development
- include a high level of activity for all children, including children with disabilities
- include sufficient equipment for all children to have hands-on experiences
- ensure that all children's needs are met, through levels, choices and variety of tasks
- show that fair play and cooperation are encouraged and taught
- ensure that assessment:
  - is a method to enhance student learning
  - focuses on **outcomes**
  - includes, when possible and practical, student involvement; e.g., students identify criteria
- occur in a safe, positive environment where **all** children feel successful
- ensure that the activities selected are only the vehicles used to achieve the outcomes. No single activity in the program is prescribed; e.g., basketball, cycling.

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Key components of the K–12 physical education program

Active Living

The physical education program emphasizes active living, with a focus on physical activity that is valued and integrated into daily life.

Active living through physical education:

- creates a desire to participate
- focuses on lifetime activities that promote health-related fitness for life
- is about physical activity; and the nature, form, frequency and intensity of the activity are relative to each person's ability, needs, aspirations and environment
- places physical activity within a broader perspective of total fitness and well-being that encompasses the entire experience of movement—physical, mental, emotional and social dimensions
- is enhanced through opportunities to participate in such activities as intramurals, interschool athletics and community-based sport and recreation activities
- is centred around learner needs and is inclusive, individual and varied
- is supported when opportunities for making choices are provided
- is supportive of the relevance of physical activity within the community.

Outcomes-based Approach

There are four general outcomes: A – Activity, B – Benefits Health, C – Cooperation, D – Do it Daily … for Life! Specific outcomes are identified for each grade and are in the program of studies.

An outcomes-based approach:

- assists teachers in communicating grade-specific outcomes to students and parents
- allows teachers to modify programs; plan remediation and enrichment; and include student options in content, learning activities, time allotments and assessment
- emphasizes performance assessment — that which demands the application of criteria
- has the potential to emphasize student self-assessment, and goal setting.

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Knowledge, Skills and Attitudes — Interrelated and Interdependent

Cognitive, psychomotor and affective domains are interrelated and interdependent — one does not occur totally in isolation of the others. This is reflected in the integration of these elements of learning within all general outcomes. Previous assessment strategies encouraged assessing students based on separate domains of learning. Assessment practices suggested in the new *Physical Education Guide to Implementation, Kindergarten to Grade 12*, available on the Alberta Learning web site at <http://www.learning.gov.ab.ca/K_12/curriculum/bySubject/physed/> or through the Learning Resources Centre (LRC), encourage integration of concepts and "domains" of learning. Assessment should be based on specific outcomes. Focus should align with the active living philosophy that defines physical activity in a broader, more holistic context.

Dimensions

Dimensions or categories of activity include:

- alternative environment
- dance
- games
- types of gymnastics
- individual activities.

No time allocation for each dimension is given, as teachers will make program decisions based on the needs of the students, training and resources. **It is recommended that programs provide for learning opportunities in all dimensions so that students can experience a variety of movement opportunities.** Activities are selected as a vehicle in which to best meet the prescribed outcomes and facilitate, within dimensions, student learning. Grade-specific implementation assistance, organized by dimension, is provided in the guide to implementation on pages 57–213. This resource aligns specific outcomes with illustrative examples and assessment, evaluation and communication strategies. As well, active living opportunities are identified, which will help to demonstrate and interpret the program philosophy.

Assessment

To assist students in meeting the aim of the physical education program, assessment should:

- be continuous
- be collaborative
- be comprehensive
- include clearly identified and communicated criteria.

The guide to implementation includes many sample assessment and evaluation strategies, including checklists, rubrics and analytic rating scales.

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Resources available to support implementation

- Learning Resources Centre (LRC) — all authorized resources:
  Telephone: 780–427–2767
  Fax: 780–422–9750
  E-mail: <lrccustserv@gov.ab.ca>
  Web site: <http://www.lrc.learning.gov.ab.ca>

Physical Education Guide to Implementation, Kindergarten to Grade 12	LRC Product # 425597 - $11.55 + GST
Safety Guidelines for Physical Activity in Alberta Schools	LRC Product # 405672 - $ 9.95 + GST

- Alberta Learning Physical Education Online Web site:
  <http://www.learning.gov.ab.ca/physicaleducationonline/>
  This site includes: a lesson plan database; activities to address the outcomes for General Outcomes A, B, C and D; a list of all authorized resources, with complete annotations; and a grades 7–10 home education site.

Implementation questions to consider:

1. Are you familiar with the outcomes of the new program of studies; e.g., general outcomes and grade-specific outcomes?

2. Do you have copies of the guide to implementation and safety guidelines? Are you aware of how you can make use of both resources in your program?

3. How do your assessment strategies support the active living philosophy; e.g., suggestions from the guide? Do your assessment strategies focus on clearly identified criteria, are they aligned with grade-specific outcomes and the activity students are participating in, and do they address the developmental readiness of the students?

4. How does your program address the criteria of a quality physical education program? See page 2 of this overview.

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Evaluation and Feedback
Administrator's Overview: K–12 Physical Education

We hope the *Administrator's Overview: K–12 Physical Education* addresses most of your questions regarding implementation of the program. Since the users of this resource are in the best position to identify its strengths and weaknesses, please take some time to share your thoughts with us. If you have further suggestions and comments on the use and value of this resource, please feel free to add those comments below and forward your feedback to the Learning and Teaching Resources Branch, Alberta Learning.

How do you rate the *Administrators Overview: K–12 Physical Education?*

	Yes	No	Comments
Useful?	❑	❑	_____
			_____
Easy to understand?	❑	❑	_____
			_____
Well-organized?	❑	❑	_____
			_____
Complete?	❑	❑	_____
			_____

Overall rating 5 (Excellent) 4 3 2 1 (Poor)

Other comments: _____

_____

_____

_____

_____

Please return to: **Learning and Teaching Resources Branch, Alberta Learning**
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